



Hands On

Wadsworth Osteopaths



Newsletter



July 2014

This month's theme is Holidays – what to look out for when travelling and in the sun?



In this issue

How cranial osteopathy helped a chronic insomniac
Holidays, travel and the sun. Osteopath Maxine McFarland gives her summer tips
Water and Hydration Top tips from nutritionist Derek Wilson
New Expectant Mums and Babies clinic
Free WiFi at Holly House Clinic
A reminder – telephones and our loyalty scheme
September issue

Sleep – don't take it for granted!

For years I have scraped by with just 2-3 hours sleep per night. In my youth I used to see sleep as weakness, with a degree more wisdom these days, I now realise the importance of quality sleep. Last year I got to the ripe old age of 50 and decided that it was time to take stock and get myself in optimum condition. With this in mind, I decided I must find a way to increase my sleep levels; I tried various 'relaxing' CDs, ate yoghurt at bedtime and all the usual old wives tales.....all to no avail. It seemed that I would be stuck at 3 hours sleep per night.

During a treatment for an old back injury, I mentioned my sleep problem and also the fact that nothing so far had helped. My osteopath mentioned that there was a treatment called cranial osteopathy, which might help alleviate my problem. Always keen to try something new I decided to give it a go.

It is probably the most relaxed that I have ever felt whilst the treatment was being done and after just 3 sessions, I noticed significant improvement in my sleep.

I was sleeping 5 hours a night and have gone on to sleep around 7 hours a night. I can almost class myself as normal.

I have measured my sleep patterns with a gadget called an UP band for the past year. I am pleased to report that I often have 4 hours deep REM sleep per night as well as another 3 hours light sleep.

I can highly recommend this approach to anyone who is trying to improve the duration or quality of their sleep.



Robert Wadsworth explains why osteopathy helps:

Long term sleeplessness is a seriously debilitating problem. We have all heard of the potentially serious consequences of not getting enough sleep – people do fall asleep while driving causing serious and sometimes fatal accidents. Lack of sleep can increase risk of weight gain, raised blood pressure, diabetes, depressed mood and anxiety. The immune system can also be impaired. My patient had tried many and various approaches but unfortunately they had not worked for her.

Cranial osteopathy is a very gentle technique which osteopaths use when other techniques are not appropriate. For example very young (babies), frail and very nervous patients or patient who have weak bones (osteoporosis).

It works with the system of fluid which circulates around the brain and spinal cord (the cerebro-spinal fluid or CSF). There is a pulse in the CSF, slower than the normal breathing rate and much more shallow. With much practice it can be palpated by placing hands on the head or spine. There is a small amount of give between the individual bones of the skull which can be detected by the cranial osteopath. The osteopath will pick up any abnormalities present, for example the cranial pulse may be too fast or too slow or one section of the skull may be less mobile than another. This can happen for example after a head injury.

My patient had suffered with severe viral paralysis some years ago which may have been caused by meningitis. Meningitis is an inflammation of the membranes which cover the brain and spinal cord, once the inflammation has subsided it can cause scarring of the membranes. With cranial osteopathy this can be detected as tightness and limitation of the normal movement of the cranial bones. This was the sensation I felt in her head.

My patient responded surprisingly quickly to treatment. A problem which has been present for many years will often take longer to respond. She fell asleep during the first session of treatment, she found her sleep improved within days and after 3 sessions she was showing significant progress which has been maintained despite having finished treatment several months ago.

Holidays Travel and the Sun

We all look forward to our holidays and the long summer school holiday is peak time. We have put together some advice for you to help you avoid some of the problems which can crop up on holiday.

Beds:

When you go away on holiday, whether visiting friends, camping, staying in B&Bs or hotels there can be a problem with the bed. Inevitably it is not the same as your bed at home.

The holiday bed may be too hard for you. The easiest solution to this is to put some padding over the top of the mattress - a quilt or duvet - to give some extra padding. If it is too soft, you can ask for another room if staying in a hotel, alternatively it can be helpful to put the mattress on the floor.

Air beds are great when camping but check the firmness before settling down for the night: if it is too soft blow it up a bit more, if it is too hard let a bit of air out.

DVTs

DVT or Deep Vein Thrombosis can occur when travelling. We know about DVT risk when flying but it is really the long period of sitting which increases the risk.

DVT occurs when blood flows too slowly through the veins in the calf muscle. It may not give any symptoms but if it does it usually causes a swollen painful calf which is pale and feels hotter than the other calf. The dangerous aspect of DVTs is if a clot forms, then sometime later, breaks off and travels to the lung. This is called a pulmonary embolism and can be fatal.

DVT is estimated to occur in 1 in 4,500 flights of 4 hours or more duration. It can occur after a long flight, car, bus or train journey. The risk is higher if you are pregnant, have had a stroke or an operation in the previous 2 months. If you are in one of the high risk groups it is sensible to have a word with your GP or midwife before you travel.

Correctly fitted flight socks can reduce the risk of DVT, drinking plenty of water and avoiding alcohol can help. Also exercise to keep the blood flowing, is important, so.....

Get up and move whenever you can and.....

Exercise while sitting: Place your feet flat on the floor, raise your heels then raise your toes alternately 10 times every 20 minutes or so. This contracts the calf muscle which squeezes the veins and because the veins contain non-return valves the squeezing of the muscle pushes the blood back up to the heart



Bags

Carrying heavy bags can be a problem when on holiday. So think about:

Using 2 smaller bags so you can carry one on each side and ensure you are evenly loaded.

The amount you pack – do you need it all? Travelling light is better for your back.

Rucksacks. A load which is carried centrally is less strain on the spine.

Using trolleys. Airports usually have trolleys available, you can end up walking long distances so use a trolley to reduce the strain.

Cases with wheels. Check the wheels actually work before you set off. A bit of lubrication can help.

Asking for help. If there is a porter ask them to help with your luggage.

Brachial Neuritis

The nerves controlling your shoulder, arm and hand run from the vertebrae of your neck and form a bundle called the brachial plexus near the top of the shoulder blade. Brachial neuritis is an inflammation of the nerve bundle, symptoms include sudden severe, burning shoulder and arm pain, numbness and tingling in the arms and fingers, which is later followed by muscular weakness. It can be of short or long duration, and although the causes are unknown, it is often associated with recent viral infections, accidental injury elsewhere in the body, vaccinations (compulsory for many tropical destinations) and exposure to draughts e.g. sleeping or sitting for long periods directly under air-conditioning. The acute symptoms can be alleviated by strong analgesics, anti-inflammatory drugs and regular ice pack treatments. Consult your osteopath if your symptoms persist.

Heatstroke

Heatstroke occurs when core body temperature greater than 41 degrees C. Complications involving the central nervous system can occur, after exposure to high temperatures in combination with dehydration. Symptoms include nausea, rapid heartbeat, muscle cramps, confusion, and sometimes loss of consciousness. If you suspect someone has severe heatstroke it is a medical emergency and you need to summon the paramedics. Those most at risk are babies, the elderly and people with heart, lung or kidney disease, diabetes and high blood pressure, but it can also take its toll on young, physically active people. Heat-related illness dramatically increases when temperatures top 26 degrees, so check the forecast for your area during heat-waves, and drink extra fluids such as water, fruit or vegetable juices, and electrolyte-rich sports drinks. Avoid alcohol and intense exercise. Wearing light-coloured, loose-fitting clothing and a wide-brimmed hat will also help.

Sunburn

Sunburn is a radiation burn of the skin resulting from over-exposure to UV rays from the sun. The skin may turn red within 30 minutes, but it usually takes 2 to 6 hours, and pain is most extreme 6 to 48 hours after exposure, followed by peeling and itching. In western culture, a suntan is promoted as a desirable sign of health, but it is also a known fact that prolonged exposure to sunlight can not only cause ageing of the skin but also malignant and non-malignant types of skin cancer. Moderate tanning, without burning, increases a protective pigment called melanin, which is your skin's natural defence against UV radiation.

Factors affecting sunburn include:

Sunblock protection factor (SPF) used and number of applications

Time of day (rays are strongest between 12pm and 4pm even on a cloudy day)

Proximity to reflective surfaces e.g. water, white sand, snow

Season of the year

Altitude

Treatment to manage the discomfort include cold, damp compress on the affected area, cold showers, soothing lotions containing aloe-vera, topical steroid creams, and anti-inflammatory drugs.

Hope you all have a great summer!

Dehydration and the summer Tips from Nutritionist Derek Wilson

Most people know that when the summer comes and the temperature increases you need to replace the fluid you lose through perspiration to avoid becoming dehydrated, however, something that isn't as commonly known are the affects of dehydration while you are on board an aeroplane, the very start of a lot of people's summer holiday.

The average person loses 2lb of water during a 3 hour flight. This is due to the very low humidity on board, between 5-10% when you put that into context the average annual humidity of the Sahara Desert is about 25% humidity, and, as humans we function optimally at around 50%.

To combat in-flight dehydration and avoid itchy dry eyes, flaky skin, a dry nose and bloating try: Drinking 250ml of water per hour in flight.

Regularly use a good moisturiser on your face and hands to keep you moisturised from the outside too.
Eating salad helps avoid bloating and will oxygenate the blood.
Avoiding alcohol and caffeinated drinks because these promote dehydration.
Staying away from salty snacks, these will interfere with your cellular water content.

New Expectant Mums and Babies Clinic

From the beginning of September we are opening a new Expectant Mothers and Babies Clinic.

The Mums and babies clinic will be held on a Tuesday morning at Holly House Clinic, 199 Hull Road, Cottingham between 10am and 1pm.

As an introductory offer Mums can attend for a reduced rate of £30 for a first consultation during the Mums and babies clinic hours and babies will be seen for a reduced first consultation rate of £25.

We have had some good success in treating pregnant ladies with SPD (symphysis pubis dysfunction). Sometimes referred to as Pregnancy Related Pelvic Girdle Pain (PPGP) or Pelvic Girdle Pain (PGP) this problem can be debilitating during pregnancy, sometimes causing extreme pain and making walking very difficult. We have had some recent media interest in this area and we are interested in seeing more ladies with this problem. Call the main booking line (01482 875004) and ask to speak to Maxine McFarland or Robert Wadsworth if you would like us to assess you for treatment for SPD.

Free wifi at Holly house Clinic

Free wifi is available at Holly House Clinic, ask at reception for password.

Just to Remind you – Telephones and Loyalty Scheme

24/7 Central Booking System – 01482 875004

Whenever you want to contact us, whichever surgery you attend, you now only ever need to remember one telephone number – 01482 875004. This is our central booking number for all our surgeries: Beverley, Cottingham, Driffield, Hull and Hedon.

We now also provide 24/7 telephone answering.

If you ever experience a problem with our telephone service, please call 0774 771 0317 or email rgw@wadsworthosteopaths.co.uk

Get money off your treatments with our Loyalty Scheme

Most of our patients come to see us through personal recommendation and we want to say a big thank you. From now until the end of September 2014, every time you recommend a New Patient to us, and once they have been for their first appointment, we will give you (and them!) a £10 money off voucher for osteopathy treatment. Ask your osteopath or at reception for details.

Also to say thank you to patients who come for a longer course of treatment, or who come for maintenance treatment, we are giving a little reward! When you have filled all the spaces on your appointment card, you will also receive a £10 money off osteopathy treatment voucher. Don't forget to bring your appointment card with you each time you come to see us.

Our September Edition

There will be no August issue of 'Hands on' . The September issue has a 'back to school and back to work' theme so look out for some sensible advice on bags, desks and posture.



Call Us: 01482 875004
info@wadsworthosteopaths.co.uk