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## CLINIC STAFF

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Receptionist/Marketing

## CONSULTATION TIMES

Consultations are by appointment

### Monday to Friday

8am - 11am & 2pm - 6pm

### Saturday

8am - 12 noon

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# Health Adjustment

## WINTER 2021

### Editors Note - Dr Gareth Calverdash 😊

Hi all. With the increase in dementia and other neurodegenerative diseases we are finding quality sleep a really important medicine. We hope you enjoy the below articles and for all our male patients if you haven't been in please call us this winter as we are offering all men a discounted initial or review assessment. Regards Dr Gareth

## Sleep - The Best Medicine?

Did you know that men who have less than 5 hours of sleep have significantly smaller testes than men who sleep 7 hrs or more a night? Or, if you get less than 5 hours of sleep a night you are likely to have testosterone levels of men 10 years your age? Sleep is a **super-drug that has been widely studied and underutilised in treating disease**.

Below are 3 reasons why getting enough sleep is important for long term health and well-being:

### 1. Learning

You need sleep before and after you learn. Sleep deprivation causes a reduction in learning tasks by up to 40%. The part of your brain that receives memories shuts down and cannot take more information in. Deep sleep is also important after you learn as the nerve network which is generated during this time acts like a **file transfer system** converting short term memories into long term ones.

### 2. Alzheimer's Disease

In our brain we have a sewerage system which mops up all the metabolic toxins that are left over at the end of the day. One protein that is left in the brain is called **beta amyloid** and is directly correlated with Alzheimer's disease. The less sleep you get every night the more "build up" of beta amyloid in the brain.

### 3. Immune System Compromise

Our body makes us tired & reduces our ability to move when we are recovering from a disease so we have a chance to fight the infection. If we do not rest then our body finds it harder or impossible to fight the infection. For example, when students who received a hepatitis vaccine were sleep deprived the night after, they only had half the antibodies formed than that of the students having a full night of sleep. Also, a study done on healthy males getting 4 hrs of sleep reduced their killer T cell by 70% after one night (ref).

Even comparing 6 vs 8 hours of sleep after one week a staggering 700 genes were altered. Half of the genes were down regulated which were associated with your immune system. In contrast, there was an up regulation of genes that promote long term inflammation, cancer and cardiovascular disease.

### References:

\*Rogers NL ,Szuba MP , Staab JP , Evans DL , Dinges DF ; Neuroimmunologic aspects of sleep and sleep loss. Seminars in Clinical Neuropsychiatry [01 Oct 2001, 6(4):295-307]

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\*Tanja Lange; Stoyan Dimitrov ; Jan Born; Effects of sleep and circadian rhythm on the human immune system; ANNALS OF THE NEW YORK ACADEMY OF SCIENCES;

\*Penelope A. Bryant, John Trinder & Nigel Curtis; Sick and tired: does sleep have a vital role in the immune system?; Nature Reviews Immunology; v. 4, pages457-467 (2004)

## Mens Health Week: 14 - 20 June 2021

### Why is Australian male health so in need of attention? Why work on men's health?

Good question! Because the health status of males in most countries, including Australia, is generally poorer than that of females. More males die at every stages through the life course, more males have accidents, more males take their own lives and more males suffer from lifestyle-related health conditions than females at the same age. Meanwhile, men are less frequent visitors to general practitioners, and the perception is that they don't care about health or that health services are not well-prepared to interact with men effectively.

### But that's not what Men's Health Week is about!

Men's Health Week was started in the United States by the US Congress in 1994 to heighten awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

In **Australia**, there were small and localised Men's Health Week events in Victoria and then in New South Wales from about 2000 onwards.

In 2002, the 2nd World Congress Of Men's Health was held in Vienna and brought together six leading men's health organisations including **MHIRC** to run international events in June each year, just before the United States and United Kingdom Father's Day.

### THE VIENNA MEN'S HEALTH DECLARATION

The Vienna Declaration set out to establish:

- Recognizing men's health is a critical issue and that there are health issues which only affect men
- Promoting awareness of men's approach to health
- Changing the way health care is provided to be more sensitive towards men's needs
- Creating school and community programs which target boys and young men
- Connecting health and social policies to better pursue men's health goals

In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June.

Our approach celebrates the strengths of men, the contributions they make and the important role they play in society. It is as much as week of celebration and engagement of men with a serving of health on the side!

See also: [http://en.wikipedia.org/wiki/International\\_Men's\\_Health\\_Week](http://en.wikipedia.org/wiki/International_Men's_Health_Week) and [www.imhw.org](http://www.imhw.org).



## MENS WINTER SPECIAL 2021



### Calling all Dads, Pops, Sons, and Brothers - Do you value your health???

This winter in alignment with mens health week  
we would love to offer you a

\***Review consultation**

\***Initial consultation**

To book this special:

Call 9337 6033 or visit [www.hiltonchiropractic.com.au](http://www.hiltonchiropractic.com.au)



*Did you know that Hilton Chiropractic  
can ALSO help with:*

- \***Sports Injuries**
- \***Fall Prevention**
- \***Balance issues**
- \***Dizziness/Vertigo**
- \***Running Technique/Injuries**



## How Should I Sleep?

Most of us are in bed for about 6 to 8 hours every night. So even though you're not awake for all of it, the way you sleep can have a big impact on your body! Here are the best and worst ways to sleep, particularly for your spine! There isn't much research on the topic, so this advice is based on clinical experience. If you have a problem or condition that prevents you from sleeping certain ways, let your chiropractor know and they may have suggestions for how to modify the position to make it work better for you. Remember this advice is general and may not work for your body.

### The Good



#### 1. On your Side

Sleep on your side with a medium to thick pillow under your head, and a thin pillow between your knees. Keep your knees together and not bent up too high. This keeps your spine straight and in a neutral position, and the pillow between the knees keeps your hips even.

#### 2. On your Back

Sleep on your back with a thin or medium height pillow under your head, and a thin pillow beneath your knees. This takes pressure off your neck and low back, keeping your spine in a neutral position. If this is still causing pain in your low back, some people prefer to place a small rolled up towel in the small of their low back, with or without the pillow under the knees.



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### The Bad

#### On your Stomach

This position is bad for both your neck and your low back. As you sleep with your neck turned, this places significant stress on the joints and muscles of your neck – stretching some while compressing others. Your low back is put in an 'extended' position (the curve is increased), which also places extra stress on the joints in the low back.



### Also Avoid

1. Sleeping with one arm under your pillow or head. This will cause a 'dead arm' by compressing nerves and reducing blood flow to your arm. You may be awoken by a numb or painful arm. If you feel the need to sleep like this, it may indicate you need a pillow that is thicker or has more support.
2. Sleeping in a 'fencer stance' on your side, where one leg is straight and the other is bent. This often causes you to roll forward until you are half on your stomach. This can place increased stress on your neck, your low back, and your pelvis which is then twisted.

### Getting Out Of Bed



If you have trouble getting out of bed due to discomfort or pain, try this technique which keeps your spine neutral and uses your arms and legs to help you get up.

1. Roll onto your side and bend your knees.
2. Swing your legs over the edge of the bed, placing your feet on the floor as you push yourself with both arms to sit.
3. Scoot to the very edge of the bed, and ensure your feet are under your buttocks.
4. Stand up while keeping your back straight, using your legs to straighten up.

It can take some time for your body to adjust to a new way of sleeping, so you might feel uncomfortable at first. But keep at it, and your body will thank you! If you have trouble getting to sleep, consider what things you might be doing (or not doing) that make it harder for you to fall asleep. Exercising and getting some sunlight every day are simple things that will help you sleep better and feel better when you're awake too!

#### INGREDIENTS

- 1Kg Chicken Mince
- 2 Carrots
- 1 Onion
- 1 Cup Oat Flour
- 28g Thai Green Paste
- Chopped Coriander

#### NUTRITION

- Calories 240
- Protein 24g
- Fats 11g
- Carbs 7g

#### THAI GREEN CHICKEN PATTIES



#### METHOD

1. Finely chop the onion and finely grate carrot.
2. Mix chicken mince, onion, carrot and curry paste to form a wet mixture.
3. Fold the oat flour, coriander and any other seasoning into the wet mixture.
4. With a spatula, press 10 evenly made balls into a flat burger on a greased tray.
5. Bake in the oven for 20 mins on 160 degrees. Turning once after 10 mins.