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# CARON

CHIROPRACTIC CLINIC, P.A.

## NewsLetter



### Welcome to our new newsletter!

We have been working for several months on presenting our patients with a useful and interesting newsletter. We hope you find it beneficial and easy to use. In future newsletters we will be sharing the latest information on health-related topics and hints to help you, your family and friends stay well, naturally. Our goal is to inform and up-date you in a non-intrusive format, and make it easy to learn more and/or share with others this information. We will not sell or share our list with any other entity. Enjoy!

### What are the symptoms of osteoporosis?

Osteoporosis is a "**silent disease**" because typically you do not have symptoms until the later stages. As the disease progresses, you may develop symptoms related to weakened bones, including:

- **Back pain.**
- Loss of height and stooped posture.
- A curved backbone (dowager's hump).
- Fractures that may occur with a minor injury, especially of the **hip, spine, or wrist**

### How is osteoporosis treated?

The process of bone thinning is a natural part of aging. However, you can slow or delay osteoporosis with healthy lifestyle habits, such as not smoking, getting enough calcium and vitamin D, and getting regular exercise, which helps build and strengthen your bones.

### Who is at risk?

Small-statured women are the most susceptible. We recommend women get screened by the age of 40 especially with the following risk factors:

- Smokers
- Diet low in calcium
- Inactive
- Family history of Osteoporosis
- Corticosteroid use
- Thyroid disease

- Estrogen deficiency

For more information on osteoporosis please [click here](#)



 **Schedule**  
An Appointment

Contact Us  
**1-800-255-9999**

## Walnuts: Enemy of "Bad" Fats



That old, dusty nutcracker sitting in your attic might be working overtime soon. In a recent study by a team from Barcelona's Hospital Clinico, walnuts have been shown to have more health benefits than olive oil. The research suggests eating these shelled snacks at the end of a meal may help to cut the damage that fatty foods do to arteries.

The study participants were chosen for either having normal or moderately high cholesterol levels. All the members were given two high-fat salami and cheese meals a week apart. Five teaspoons of olive oil were added to one meal and eight shelled walnuts were added to the other.

Although the results of the tests performed after the meals showed that both the olive oil and the walnuts helped to reduce the inflammation and oxidation that leads to the hardening of arteries, the walnuts seemed to preserve the flexibility and elasticity of the arteries. To find out the benefits of a healthy diet ask one of our doctors or email us at [drmatt@caronchiropractic.com](mailto:drmatt@caronchiropractic.com)

*Resource:* chiroweb and Cortes B, Nunez I, Cofan M, et al. Acute effects of high-fat meals enriched with walnuts or olive oil on postprandial endothelial function. *Journal of the American College of Cardiology*. 2006, 48(8):1666-1671.



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