



Dr. Tony Garrow, Chiropractor
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The Spinal Column

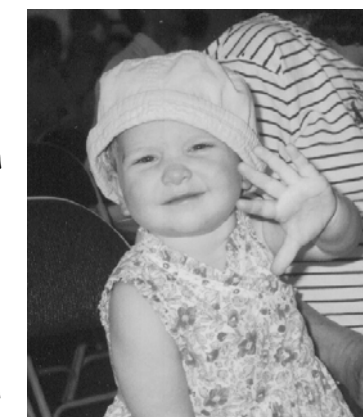
September, 2005

Spine Tuning For Greater Health and Better Life!

Tony Garrow, D.C.
 Jessica Thompson, D.C.
 Garrow Family Chiropractic

September is Kids Month!

We believe that every child should be checked at certain times in their life for postural and spinal problems. In honor of Kids Day America and back to school, we are offering a complimentary examination and x-rays (if needed) to all new patients under 12 years old in the month of September when you make a \$10 donation to the Wall Community Alliance and Community Relations Committee. If you chose to have your child looked at, we will check for spinal and postural problems related to backpack injuries, falling injuries, birth traumas, scoliosis, and much more. Please take advantage of this great offer. You never know what type of hidden problems your child may have until they get a thorough, chiropractic examination.



STOP - Read This if Your Children Have Not Been Under Chiropractic Care!

4th Annual Kids Day America - Saturday, September 17, 2005

Located at the Wall Municipal Building on Allaire Road, Rain or Shine!
 Dr. Tony Garrow and Kristen Meyler of the Wall Community Relations/Community Alliance Committee would like to invite you to this annual awesome event. There will be pediatric chiropractic screenings, dental screenings, drug information, environmental awareness information, child ID kits, and much more. Don't forget the fun including: pony rides, fire truck tours, moon jumps, a dunk tank, music, free food, prizes, and so on. This day is entirely free and is made possible by many of your local businesses who donate money every year to make it happen. Over 1000 people every year attend this event and we would like to see you join in this extraordinary day.

September Events!

Wall Walkers Revival – Thurs, 9/15/05 at 7:00PM.
 Join us at the Wall Municipal building for this great, free walking club. Meet at the big soccer ball. All ages and levels of walkers are invited. Refreshments will be provided.

Manasquan Street Fair – Saturday, 9/24/05, near post office. We will be providing spinal and posture

evaluations and selling back related products. Stop by for a free massage and a balloon.

Ear Infection Talk – Tuesday, 9/27/05, 7:00PM, at our office in the Sea Girt Mall. Please call for a seat. Please let your friends know. We have helped many children with chronic ear infections and want to help your friends and family. We have options that will keep them from drugs and surgery.

Garrow Family Chiropractic: 732-223-1990
Office Hours:

	Morning	Evening
Monday:	9:00AM-12:00PM	3:00PM-6:30PM
Tuesday:		3:00PM-6:30PM
Wednesday:	9:00AM-12:00PM	3:00PM-6:30PM
Thursday:		3:00PM-6:30PM
Friday:	9:00AM-12:00PM	
Saturday:	By Appt. Only	

October Events

National Women's Health Fair – Saturday, 10/1/05, from 1:00-4:00PM at Curves in Wall. Women of all ages are invited to attend this event and gain valuable information from local, female health professionals at this great national celebration. Dr. Jessica Thompson will be offering all women a complementary spinal screening and an initial evaluation with a \$10 donation to the Breast Cancer Association. Please come and enjoy free food, massage, health advice, facials and more.

Are You Sick of Colds and the Flu? – Thursday, 10/6/05, 7:00PM. Sign up now for a free lecture by Dr. Jessica Thompson on natural ways to prevent chronic colds and how to build your immune system before winter sets in. Please bring a friend.

Sleep Talk – Thursday, 10/20/05, at 7:00PM at our office. Do you wake up in weird positions? Do you wake up sore and with stiff muscles? This talk will provide you with information on the best sleep positions, best type of mattresses, and why we wake up sore and tight in the mornings.



Discover Chiropractic Day – Saturday 10/22/05, from 9-12:00PM. All new, referred patients receive a complimentary examination and x-rays (over a \$200 value) on this day ONLY. This offer only happens about 3 times per year.

If you refer someone, you get a free T-shirt!

Words of Posture Wisdom

Posture alterations cause muscle, joint, and disc overwork, injury and pain. Unfortunately many pain killers (NSAID's) can damage vital organs. According to Dr. Triadafilopoulos, "Unawareness of the problems with NSAIDs is the main factor behind all the complications that we see with these drugs. If our patients and physicians were better informed, strategies could be implemented to prevent major gastrointestinal complications."

SCOLIOSIS or A SHORT LEG?

What is Scoliosis?

When looking from a side view, your spine has three normal curves—one in the neck, one in the upper back, and another in the lower back. These curves serve a vital function of being shock absorbers for your body during walking and other activities.

When looking from a front view, your spine should be straight. If your spine has a side-to-side curve, this curve is called scoliosis. A scoliosis is an abnormal curvature of your spine and it interferes with your spine's shock absorbing capabilities.

You will almost never feel pain when scoliosis is first developing, so regular checks are very important. If scoliosis is detected early, you can receive treatment that may control the condition and prevent pain from developing in the future.

If the curve increases, you eventually may have back pain, lose flexibility, and appear bent over. You also may be more likely to develop arthritis, respiratory infections, and heart problems as you grow older.

Who Gets Scoliosis and When?

According to statistics from the National Institutes of Health, anywhere from 5 to 10 of every 100 young people from ages 9 to 14 will develop scoliosis.

Most cases of scoliosis are mild (meaning

that they don't require orthopedic surgery or bracing).

These, "mild", cases need monitoring, BEYOND WHAT YOUR CHILD GETS FROM THE SCHOOL NURSE in order to prevent them from developing muscular imbalances in their body which eventually lead to PAIN.

The best way to find and control scoliosis is to look for it often during the years when bones are growing the fastest, which occur from age 9 to 14.

Have you ever been checked for a short leg?

Studies suggest that 1 in 4 people have one leg that grows shorter than the other. This leads to an imbalance in your hips, pelvis, and spine. Sometimes what appears to be a mild scoliosis may simply be the consequence of what a short leg does to posture.

Many school nurses and medical doctors do not look for this!

If you or you child have been told that you may have a, "mild scoliosis", consult a chiropractor immediately who specializes in posture correction! Identifying, monitoring and correcting a leg length imbalance is the key to preventing future muscle and bone problems that lead to pain!

***Contact Dr. Jessica Thompson, DC
Garrow Family Chiropractic
732-223-1990***

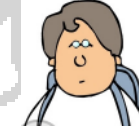
Backpacks Gone Wild!

How important is the topic of backpack safety? The American Pediatric Association recommends that students carry no more than 15% of their body weight in their backpacks but 55% of students carry much more. Approximately 21,000 emergency room visits each year can be attributed to book bag and backpack carriers. Did you know that 60% of childhood orthopedic visits for back and shoulder pain are the result of carrying too heavy a backpack? Researchers from the University of Michigan estimate that up to 60% of children will experience pain by the time they reach 18 years. Much of this back pain will come from heavy backpacks. An article in a well known medical journal called Spine showed that heavy backpacks alter the discs between the bones in the spine, which may set children up for arthritis and disc problems later in life.

Children who wear heavy backpacks or wear them improperly may experience abnormal postures which could set them up for a lifetime of back problems. I see children all the time that have forward head posture, rounded shoulders, shoulder tilts, and head tilts. All of these bad postures can come from heavy and improperly worn backpacks.

The following list has suggestions on how to prevent your children from developing health problems from backpacks:

- Decrease any unnecessary weight in the bags like toys, games, lunch boxes, etc.
- Make sure the backpacks do not affect their normal posture
- Talk to teachers about decreasing the amount of homework that requires heavy



- books.
- Encourage schools to allow more time to exchange books between classes.
- Support schools in their challenge to get publishers to lighten the books. Some schools are buying two sets of the heavier books (so the kids can keep one at home).
- Stagger exams more and photocopy assignments.
- Do not put backpacks on only one shoulder.
- Put the straps on snugly, but not too tight; and the straps around the waist do help.
- Avoid bags on wheels because they still put stress on your child's posture. Encourage regular stretching and exercise to strengthen the back and neck.
- Ask your chiropractor to check the child with their backpack on.

I've treated children with serious problems from backpacks. I have also seen x-rays on some teenagers that have spines worse than their parents. Many kids carry almost 30 pounds in their backpacks which can have a serious effect on their posture, spine, and health. Please have your child checked with or without their backpack to see the effect on their spine.

In closing, we have developed a relationship with a company who designed a backpack with air pockets to lessen the stress on your child's back. We can order these for you, if you call or stop by the office. They run almost \$50, but are well worth it to protect your child from serious problems. Ask us if this type of backpack would be more appropriate for your child.

Remember, Dr. Garrow's Phone Number is Still Incorrect in the Phone Book! The Office Phone Number is: 732-223-1990

This concludes this issue of The Spinal Column.
We hope we have informed, inspired and even entertained you.



Wishing you the best in health from Garrow Family Chiropractic!