

*APRIL '18*

*WELLNESS LETTER*



Dear Patients and Friends,

As we hesitantly put away our shovels and snow blowers, the buzz is on looking forward to spring. My good friend and colleague who lives and practices in the Boston area recently told me: "If I wanted to live in Oswego I would have moved to New York"! I think we deserve sun and warmth after this winter of 220+ inches of snow. Even New England got pounded with snow this year.

Spring cleanup, golf and outdoor activities will surely get us moving but after a fairly dormant winter be careful! Be sure to warm up properly and pace yourself when beginning new activities. Most injuries we see this time of year are preventable. If you need some stretches let us know and we can send them to you.

The chiropractic approach to health care is prevention. We are here to help "fix you up" after an injury, but prevention is really where chiropractic shines. Changing the oil and gas in your car, lawn mowers and boats is a given without a second thought. Dental cleanings are also a part of most people's health care activities because we know prevention makes sense and is more cost effective if small problems are detected rather than waiting for a root canal to be needed. How do you know if your cholesterol or blood sugar is high? You get bloodwork periodically to check this.

The importance of a chiropractic wellness visit continues to gain recognition and acceptance, especially in light of the opioid crisis that continues to be plastered across the news. Handing out a pill that is addictive when most pain syndromes are mechanical in nature is absurdity. The public is on to this and chiropractic has always been poised to be the solution to this epidemic.

Taking better care of your spine as part of your spring preventive maintenance is easy. Just give our office a call to schedule a check-up. We're always here to help and to guide you with proactive solutions to many of the common problems we see this time of year.

Dr. Ed

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