



FRIDGE FACTS



Ask the Health Professional



What is a disc herniation?

Often mistakenly referred to as a “slipped disc”, a herniated disc occurs when the more liquid contents of a vertebral disc breaks through the more fibrous outer layers and pushes into the spinal canal. When this occurs, the contents can press onto the spinal nerves that exit very close to the posterior aspect of the disc.

A disc herniation can occur at any level in the spine where there is a disc. The disc normally acts as a cushion between the vertebrae to aid us in our constant battle against gravity and the impact of our weight compressing down as we stand, sit or walk. A disc herniation will often cause severe pain in the area of the spine as well as causing numbness, tingling and muscle weakness into the arms or legs. If left uncorrected, the compression of the disc contents on these spinal nerves can cause permanent damage resulting in constant pain, numbness, tingling and/or loss of function.

Undertow and Rip Currents



An undertow is a type of lake or ocean current that occurs when waves break onto the shore. The previous waves run underneath them in an effort to go back out to sea creating a gentle current.

Rip currents occur when there is heavy wave action that doesn't allow the undertow to escape. As a result, the water builds up looking for a weak point in the breaking waves. When it does find the weak point, it pushes out to sea forming a powerful rip current.

For an inexperienced swimmer standing or swimming near breaking waves, the undertow can be severe sometimes pulling them under and causing a potential death.

An undertow can pull someone under for a few seconds. If a swimmer remains calm and swims or pushes toward the surface, they should be okay. If caught in a stronger undertow, the instinctive thing to do is to push toward the shore, causing the swimmer to tire easily. Instead, the swimmer should swim parallel to the shore looking for a weak point in the breaking waves then to head for shore. The same technique will work for rip currents. A powerful rip current can actually pull you back out to sea.

As a general rule, the steeper the slope of the approaching wave, the stronger the resulting undertow. Longer, shallower approaches have less wave velocity which creates a gentler undertow.

From: <http://www.wisegeek.com/what-is-an-undertow.htm>



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Clinic News

Duffins Creek Health Centre Golf Tournament

Saturday, Sept. 17th
4pm shotgun start
at Spring Creek Golf Course
celebrating
2nd Annual Canada's National Sports Day

Clinic closed Monday, August 1st.

Dr. Lara & Dr. Chris deGraauw are attending the Canadian Academy of Sports & Exercise Medicine Conference in St. Johns, NFLD.

Dr. Chris will be stay on to help the OSA under 16 boys while they compete at the National Championships.

Drain Bamage

Make as many words as you can in 3 minutes. Each of the letters must connect and you cannot use the same letter twice in a word (unless it is on the board twice!!) Go to: www.dchealthcentre.com to compare your words to ours.

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|---|---|---|---|
| E | B | W | E |
| L | O | H | N |
| Y | T | U | G |
| S | U | L | E |

Chilled Strawberry~Rhubarb Soup

Ingredients

1.5 L (3 pints) organic strawberries, washed and hulled
900g (2lbs) rhubarb, sliced into 1/2 inch pieces
700 mL (3 cups) fresh-squeezed orange juice
120 mL (1/2 cup) superfine sugar, or to taste
60 mL (1/4 cup) mascarpone cheese or crème fraiche
6 sprigs fresh mint



Directions

1. place the strawberries, rhubarb and orange juice in a large pan and simmer for 15 minutes or until the rhubarb is soft.
2. Remove the pan from the heat and add the sugar to the mixture, stirring until dissolved. Taste the mixture and add more sugar if desired.
3. When the mixture has cooled, puree in a food processor. Pass the puree through a fine-mesh sieve or chinois.
4. Refrigerate the soup until thoroughly chilled.
5. To serve, ladle soup into chilled bowls and garnish each serving with a dollop of mascarpone and a sprig of mint.

From: Lake Simcoe Living Vol. 4, No. 2