

## MMA Star GSP Out of Action

The sport of mixed martial arts (MMA) learned recently that one of its top stars would be out for up to 10 months with an anterior cruciate ligament (ACL) and meniscus tear. Georges St-Pierre, the UFC Welterweight champion underwent reconstructive surgery in Los Angeles on Tuesday, December 13. In early December, while training for his upcoming fight with Nick Diaz in February, St-Pierre was defending himself during a wrestling takedown when the injury occurred. This was not the same leg that he had injured prior to his Carlos Condit fight that was scheduled for late October. In that case, St-Pierre had a tear of his medial collateral ligament on his left knee while the ACL and meniscal injury are on the right.



The ACL is the main ligament of the knee that resists the motion of the tibia (lower leg bone) shearing forward under the femur (the upper leg bone). It also helps to resist rotational motion at the knee. The ACL can be injured in both contact and non-contact sports. In contact

sports, like hockey, football and wrestling, the ACL can be torn when another player lands on the planted leg of an opponent forcing that knee to buckle in with rotation. Forceful hyperextension of the knee can also result in an ACL rupture. In contact or non-contact sports, the ACL can be ruptured without contact when the player plants the foot and cuts in to avoid or get around another player. This is a common injury mechanism, especially in female soccer.

The meniscus of the knee is the soft tissue “gasket” or cartilage that sits on top of the tibia and acts as a cushion to dampen impact forces at the knee. There is both a lateral and medial meniscus and studies suggest that the lateral meniscus is more likely damaged following an acute injury while the medial meniscus is more commonly injured with chronic ACL tears. There are many types of tears to the meniscus – some with a better prognosis than others. In years gone by, surgeons would totally remove the meniscus thinking that it wasn’t necessary for long term function. They found however that debilitating arthritic changes and

### IN THIS ISSUE

MMA Star Out of Action	Page 1
Brain Teaser	Page 1
Alzheimer’s Month	Page 2
Funny Bone	Page 2
Heart Month	Page 3
Mental Environmental	Page 3
Nutrition Corner - Vit D	Page 4
Brain Teaser answers	Page 4



### BRAIN TEASER

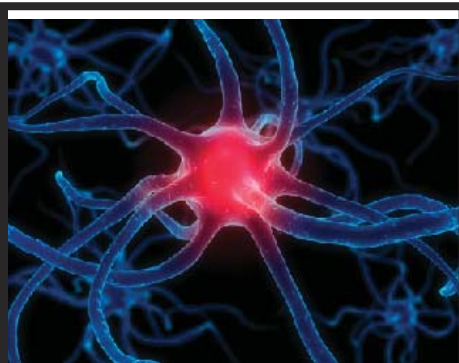
Anagrams are words made from the letters of another word. Form an anagram of the following words keeping in mind that the first letter of the new word is also an anagram. What is the final word?

LAIN  
NEWT  
LORE  
TEAS  
TUNA  
ROTS



further instability of the knee would occur (think Bobby Orr) leading to total knee replacement.

Success rates of ACL reconstruction are estimated to be in the 75 to 95% range with failure rates averaging around 8%. Failures usually are attributed to continued instability of the knee, failure of the graft and fibrosis of the knee joint itself. Many high level athletes are able to return to their sport and compete at their previous high level. Hopefully, St-Pierre can return to his championship form and MMA can get back one of its biggest stars.



## Alzheimer Disease Definition

**Alzheimer's disease is a progressive, degenerative disease that destroys vital brain cells. It most often occurs in people that are over the age of 65, but can affect adults at an earlier age. Approximately, 1 in 13 Canadians over the age of 65 has Alzheimer's disease or a related dementia.**

## Caregiver Guilt

Dealing with aging loved ones can be a difficult task under optimal conditions – if there is such a thing as “optimal conditions”. Dealing with and being a caregiver for someone who has Alzheimer's Disease is even more difficult. A new website – Caring.com – offers an interactive tool for those caring for a loved one going through the stages of this horrible, debilitating disease. The senior editor, Paula Spencer Scott, offers several tips when faced with the guilt associated with being a caregiver.

**You can't ignore this pesky emotion, and you can't will it away.** Guilt simply just is – there is no right or wrong about feeling it.

**There's good guilt and bad guilt.**

**Good guilt** causes us to examine our behaviour and to make the appropriate changes if necessary. If we feel guilty for being impatient with our loved one with dementia, good guilt reminds us to try harder next time – remember patience is a virtue.

**Bad guilt** has no constructive aspects to it – it makes you feel guilty about a situation that we can't help – like moving a loved one into a senior's home. Another type of bad guilt occurs when it is a positive for the caregiver – like hiring someone to help because you can't do it all. You feel bad guilt because you feel you should be able to do it all. Beware the oughts – shouldas – and couldas.

**Guilt loves high standards.** Most would agree – nobody's perfect. Ironically, the more selfless the person the more disproportionate the guilt. No caregiver could possibly anticipate every fall, or bedsore.

from Caring.com



## The Funny Bone



An old farmer had owned a large farm for several years. He had a large pond in the back forty, had it fixed up nice; picnic tables, horseshoe courts, basketball court, etc. The pond was fixed for swimming when it was built. One afternoon, the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over. As he neared the pond, he heard voices shouting and laughing with glee. As he came closer he saw it was a bunch of young women skinny-dipping in his pond. He made the women aware of his presence and they all went to the deep end of the pond.

One of the women shouted to him, “We're not coming out until you leave!” The old man replied, “I didn't come down here to watch you ladies swim or make you get out of the pond, I only came to feed my alligators.” Old age and treachery will triumph over youth and skill every time!



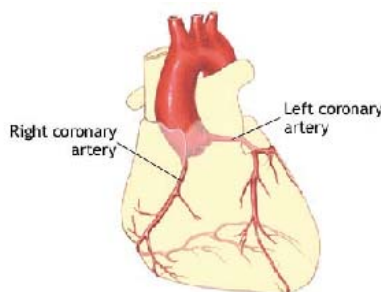
# Prince Philip's Heart Scare

Britain's 90 year old Prince Philip, the Duke of Edinburgh and Queen Elizabeth's husband, was taken to hospital on December 24<sup>th</sup> due to chest pains. His chest pains were subsequently found to be caused by a blockage in one of his coronary arteries. The Prince spent four days in hospital following a successful coronary stent procedure done to unblock the artery. The normally robust and active Prince Philip was forced to miss the Royal Family's traditional Christmas festivities. Treatment following the procedure usually includes recovery from the procedure itself, which is usually without complication and relatively quick, the elimination or modification of the factors that led to the problem which usually include dietary changes, an exercise program, and possibly medication to help reduce the chance of clotting.

The coronary arteries are those arteries that supply the heart itself. The heart is a muscular pump that requires oxygen to keep working and the coronary arteries supply those muscles. A blockage in these arteries causes a heart attack or myocardial infarction (myo – meaning muscle, cardiac – meaning heart, and infarction – meaning death. There are two major coronary arteries, the right coronary artery and left main coronary artery, that branch off from the aorta. These two arteries and their branches supply all parts of the heart muscle with blood.

When coronary arteries are blocked,

the cardiologist may choose to perform bypass surgery, angioplasty or, if the blockage is not too extensive and amenable to it, a coronary artery stent. A coronary artery stent is stainless steel collapsible tube that is mounted on to a balloon and inserted into the artery. The balloon is inflated which expands the stent



against the inner wall of the artery and holds the artery open when the balloon is deflated and removed. It is estimated that stents are used in nearly 50-75% of cases.

## Suet Ball – A “Tasty” Bird Treat

### Ingredients

- ¾ cup of mixed birdseed
- ½ cup crunchy peanut butter
- ½ cup of lard
- 1 cup quick cooking oats
- 1 cup of cornmeal
- ½ cup of flour
- ¼ cup of sugar

### Directions

Melt the peanut butter and lard together in a saucepan. Stir in the rest of the ingredients. Pour mixture into your “bird feeder”. Keep your “feeder” cold until you are ready to put it outside.



## Mental Environmental



### Green Your Bird Feeder



A green way to assist our fine feathered friends over the winter is to make a bird feeder out of something biodegradable – a fruit, vegetable or gourd – that, at the end of winter, will leave nothing but a piece of string for the birds to use for their nest. Use a sharp knife to slice the top off your chosen feeder – suggestions include a grapefruit, large orange, pineapple, melon, squash or pumpkin – big enough for the bird, scoop out the inside and put them aside for later eating. Make four holes, one on each side to attach the string, with enough length to keep out of reach of the squirrels and hang from the tree or other appropriate holder. Before hanging, add the bird food – a “tasty” suet ball with the all the fixins.

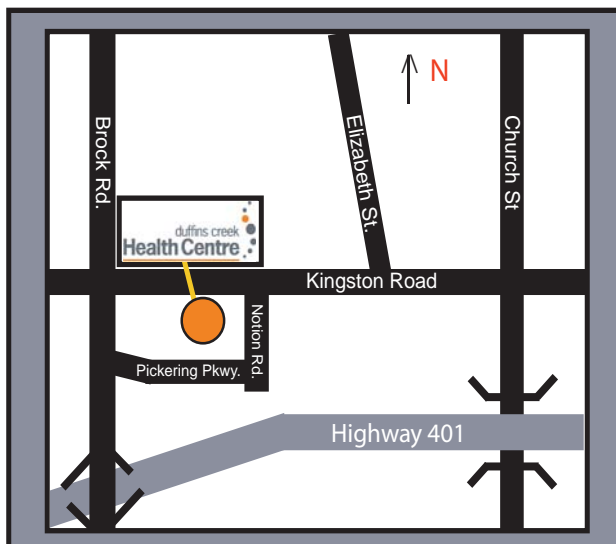
Vitamin D deficiency awareness is important this time of year. Sunshine is our main source of vitamin D and as the days get shorter as the Earth moves further from the sun, our intake of vitamin D dwindles. Unless we supplement!! The Dietary Reference Intakes (DRI) for vitamin D for children and adults 9 to 70 years old is 600 International Units (IU) per day with a tolerable upper intake level of 4000 IU. These levels are new as of November 30, 2010. A lack of vitamin D has been associated with rickets in children and osteomalacia and osteoporosis in adults. All of these diseases affect the bone and is due to the interaction of vitamin D with calcium and phosphorous levels in the blood. A lack of vitamin D causes the body to pull calcium from bone to maintain an adequate blood level of calcium. Vitamin D deficiency has also been associated with Seasonal Affective Disorders (SAD) that affects thousands in the Northern climates due to the lack of sunshine.

A recent study done by orthopedic surgeons at the Washington University School of Medicine in St. Louis found that of 313 patients undergoing spinal fusion surgery, more than half had inadequate levels of vitamin D including 1 in 4 that were severely deficient. Although

its known that vitamin D levels are lower in the elderly, surprisingly the patients most likely to have deficiencies were younger. It was felt that risk factors for the lack of vitamin D included smoking, obesity, disability prior to surgery and never having supplemented with vitamin D previously. The researchers recommended that every patient undergoing spinal fusion surgery should be screened for vitamin D deficiency. It was felt that those with vitamin D deficiency would benefit from 50,000 IU's once a week for eight weeks prior to surgery suggesting that this amount may help with recovery following the surgery. This works out to approximately 7000 IU's per day which is above the recommended upper limit. Any person concerned about their vitamin D levels prior to spinal surgery should be screened but should consult a medical professional prior to beginning supplementation at this level.

### Brain Teaser Answer

LAIN = NAIL      NEWT = WENT  
 LORE = ROLE      TEAS = EATS  
 TUNA = AUNT      ROTS = SORT  
  
 NWREAS = ANSWER



## Services

*Chiropractic  
 Massage Therapy  
 Acupuncture  
 Kinesiology  
 Sports Specialists  
 Soft Tissue Therapy  
 Naturopathic Medicine  
 Diagnostic Imaging Services*