



Minser Chiropractic Clinic

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2019: Where Health Happens

Know the Facts: Heart Disease By Dr. Erin Hovey

Did you know that heart disease has been the leading cause of death in the United States for the past 80 years? Eighty years! Last year alone there were over 600,000 deaths related to heart disease. If you include other cardiovascular related diseases like stroke, that number grows to over 800,000 deaths. The good news however is that these statistics are starting to decline due to the increase in education and prevention measures taken to fight heart disease.

Heart disease is a general term used to describe a variety of conditions that affect your heart. These conditions include those that affect blood vessels, such as coronary artery disease; problems with the rhythm of the heart, such as atrial fibrillation; and congenital heart defects that are present from birth.

There are several risk factors that increase your chances of developing heart disease. Some of the risk factors are preventable while others are not. Non-preventable risk factors include age, race, gender, and family history. Preventable risk factors include such habits like smoking, diet, weight, and physical inactivity. Other conditions that increase the risk of developing heart disease include having high cholesterol, high blood pressure, and diabetes mellitus.

Early prevention of heart disease starts with lifestyle. Healthy choices when it comes to diet go a long way in the prevention of heart disease. Make sure to eat a variety of fruits and vegetables along with lean meats. Decrease intake of salt, processed foods, and sugar. Just like your skeletal muscle, the heart muscle needs exercise as well. Be sure to get at least 30 minutes of exercise 5 days of the week. If you smoke, quit! Smoking affects the lining of your arteries by making them fatty causing narrowing of the vessel. This increases your chances of heart attack and stroke. Finally, know your numbers when it comes to blood pressure, cholesterol, blood sugar and BMI. Maintaining healthy numbers decreases your risk of developing heart disease.

If you or someone in your family currently has heart disease or is at risk of developing heart disease, be sure to ask any of the doctors here at Minser Chiropractic Clinic. We would love to help!



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Services Offered:

- Chiropractic Care for the entire family
- Massage Therapy
- Acupuncture
- Nutritional Consults/Evaluations
- Exercise instruction/rehabilitation services
- Complete radiology services
- Bone Density Testing
- DOT physicals/drug screening services
- Cholesterol Testing
- Functional Health Testing
- Physiotherapy services
- Sports Physicals

SUPPLEMENT OF THE MONTH: CARDIOAUXIN

- It is a unique combination of synergistic nutrients that have proven to be a very efficacious lipid-lowering, heart risk reduction formula
- Cardioauxin contains a sustained release formulation that ensures a uniform, continuous release of niacin and pantethine through the digestive system
- Contains phytosterols, which are designed to quickly dissolve and enter the digestive tract before cholesterol from a meal does.
- The American Heart Association advocates the use of phytosterols in cholesterol control

For more information about this supplement

ask Dr. Minser, Dr. Fimrite, Dr. Leither, Dr. Blomdahl, or Dr. Hovey

TAKE BACK YOUR BODY

We are featuring our Take Back Your Body program which includes 6 thirty minute one-on-one sessions with our Exercise Specialist who will work with you to develop a workout routine that is tailored to your body and your goals. Your first session will include a sit down meeting to talk over any challenges that you may be experiencing while working out, and how we can make working out a fun and enjoyable experience for you in order to reach your optimal health. The new Take Back Your Body program can...

Jump start weight loss

Strengthen and tone muscles

Lower heart rate and improve cardiovascular function

Build stronger bones

Reduce stress

Increase confidence

Boost metabolism

Increase energy level

Improve athletic performance

Have a Heart for OKLAHAVEN Children's Chiropractic Center: During the week of February 7th through the 14th, we will be accepting donations to raise money for OKLAHAVEN Children's Chiropractic Center. Oklahaven provides nonprofit services to the sick and disabled kids and has been doing so for 50 years. All participants will be entered in a drawing for a free one hour hot stone massage.

FEATURED ESSENTIAL OIL – ORANGE

- * It is gentle enough to use on children, who enjoy the fruity fragrance
- *Used in a diffuser to help reduce fear of the unknown and relieves self-doubt, helping you find an inner radiance and optimism
- *Very good in massage for settling digestive upsets, cramps, constipation, diarrhea and flatulence
- *Overall, orange is cheering, uplifting, soothing and refreshing

If you have any questions please talk to one of our massage therapists!

AMERICAN HEART MONTH

Go Red For Women!

Friday, February 1st is Go Red For Women Day. This initiative was developed by the American Heart Association in an effort to increase heart health awareness and to improve the lives of women on a global level. On this day, women are encouraged to take charge of their heart health by becoming educated and commit to heart healthy behavior by following the “Go Red” acronym:

- **Get your numbers:** Ask your doctor to check your blood pressure, cholesterol and glucose.

Go Red For Women is starting a movement with American Heart Association’s: Check, Change, Control, blood pressure program. Commit to monitoring your blood pressure on a monthly basis.

- Own Your Lifestyle:** Stop smoking, lose weight, be physically active and eat healthy.

- Raise your Voice:** Advocate for more women-related research and education.

- Educate Your Family:** Make healthy food choices for you and your family. Teach your children the importance of staying active.

Learn the signs and symptoms of heart attack and stroke. The American Heart Association encourages everyone to learn/take a CPR course. Early intervention of CPR during a cardiovascular event can double or even triple their chance of survival.

- Donate:** Show your support with a donation of time or money to help improve the health of others.

To show our support for the women in our lives, the doctors and staff will be wearing red on Friday, February 1st. Join us as we help educate others on the importance of a healthy heart.

Minser Chiropractic Clinic is unique because the clinic caters to women's and children's health issues. The clinic incorporates a family practice that treats men and women of all ages and works closely with other medical professions. The clinic offers quality healthcare in an atmosphere where our focus is finding the cause of your health problem.

The goal of chiropractic care is to correct any spinal or skeletal misalignments, called subluxations, in the body. When a vertebra or joint becomes misaligned or its function/motion are altered, it may cause irritation to the muscles, nerves or organ systems involved.

WINTER SEMINAR SERIES

Our seminar series is back! All of our seminars are led by our doctors and take place right at the clinic! Seminars are free and open to the public, so feel free to bring a friend!

- ◆ “Roll with Me: Foam Rolling 101” on Tuesday February 12th at 7 pm: Dr. Blomdahl will be hosting a class on teaching you why and how to properly foam roll while targeting specific muscles that are commonly overactive when performing daily activities at work and home. Please bring your own foam roller and wear comfortable clothing.
- ◆ “Heart Disease in Women” on Monday, February 19th at 7 pm: Dr. Hovey will be discussing cardiovascular disease in women, what the signs and symptoms are, and how you can prevent heart disease. Her discussion will also include lifestyle changes and nutritional recommendations.

Spaces are limited and the seminars fill up quickly! Reserve your spot by calling the clinic 320-253-5650

5 CRITICAL NUMBERS TO KNOW FOR HEART HEALTH

1. Total Cholesterol
2. HDL Cholesterol
3. Blood Pressure
4. Blood Sugar
5. Body Mass Index (BMI)

Also through the month of February we are offering cholesterol and glucose testing for only \$35!

Appointments are required for this testing, so call the clinic to schedule yours today! 320-253-5650

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