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www.wcchiropractic.com

Hours

Monday – 8:30am – 7:00pm
Tuesday – 8:30 am – 5:00 pm
Wednesday – Closed
Thursday - 8:30am – 7:00pm
Friday – 8:30 am – Noon
Saturday – 8:30 – Noon

Insurances Accepted

UPMC, Highmark, All Blues, Medicare,
Health Assurance, Health America,
United Healthcare, Advantra, Cigna
All Auto Carriers
Cash (POS) plans available

Healthy Recipe Corner

Grilled Lemon Pepper Tilapia with Olive Pesto over Asparagus and Angel Hair

In winter, a grill pan on the stove or even the George Forman type grill, can make a nice substitute for missing that backyard barbeque.

Pesto – In a food processor place green olives, black olives, fresh basil, fresh parsley, garlic (cloves or minced), small amount of lemon juice, and drizzle extra virgin olive oil (EVOO) in as pulsing until desired consistency is reached.

Asparagus – 4-5 per person (depending on size). Remove hard lower end, light drizzle of EVOO, salt, and granulated garlic. Grill until tender.

Tilapia – 1 plank per serving. Season with salt and lemon pepper on both sides. Grill until flakey turning once halfway through.

Pasta – Barilla Plus Angel Hair cooked to el dente. Drizzle and mix with small amount of EVOO if not serving immediately.

Plating – In a pasta bowl place one serving of pasta in bottom. Add 1 flank of tilapia followed by 4-5 parallel asparagus spears on top of fish. Spoon pesto across food perpendicular to fish and asparagus. Garnish with sprig of parsley.

Most items are variable in amounts and can be modified to accommodate personal tastes.

The **Mediterranean Diet** is a wonderful balance of nutrient rich vegetables and proteins, nuts and legumes, healthy fats, and lower but not eliminated levels of carbs. Learn more at:

<http://www.mayoclinic.com/health/mediterranean-diet/CL00011>

Chiropractic for Sports Injuries and Improved Performance

Thomas F. Antonucci, DC, CCSP

In recent years high school sports are getting more serious because the stakes are higher. With scholarships for college and the lure of fame and fortune of the professional athlete, kids are training at higher levels of intensity and more frequently so that they can play at that more elite level during game time. Unfortunately even with the advent of more technologically advanced safety equipment harder play means more injuries. It is estimated that 30 million children now participate in organized sports including soccer, football, swimming, gymnastics, hockey, skating and baseball. Correspondingly, as participation increases, injuries increase. Sports injuries to young people now exceed the occurrence of infectious disease.¹

There is help available. With the introduction of sports chiropractic, kids can not only prevent injuries, they can improve performance. Because doctors of chiropractic are experts in the field of human biomechanics, they are very aware of proper posture and movement. A chiropractor that has undergone extra training in sports chiropractic can observe an athlete in action, detect, and prevent a structural problem that can lead to injury or poor performance. Athletic injuries are often caused by improper biomechanics or muscle imbalances within the body that can be corrected or at least strengthened by adjustments and balance training of the affected joint. Chiropractic isn't just for the back anymore, it's commonplace in a sports clinic to be treating rotator cuff injuries, tennis elbow, plantar fasciitis, and ankle sprains to name a few.

The opposite side of the coin is performance. Sports chiropractic has made a name for itself among the elite athletes. The US Olympic Team keeps two sports certified chiropractors on staff during competition. 31% of NFL teams use chiropractors in an official capacity as part of their staffs and a full 77% of the trainers have referred to a chiropractor for evaluation or treatment. A survey of certified NFL trainers revealed that 100% of them agree that players will use chiropractic care without referral from the team medical staff.²

In another study Chiropractic's "winning edge" was tested on fifty athletes who were divided into a control group and a group which added Chiropractic care to their usual training procedures. At six weeks, the group under Chiropractic care scored significantly better on standard tests of athletic ability. When tested on their reaction time, the control group demonstrated less than 1% improvement, while the Chiropractic group achieved reaction times more than 18% faster than their initial scores.³

Additionally a Canadian research team included Chiropractic care in the rehabilitation program of sixteen injured female long distance runners. Not only did these runners recover quickly, seven of them actually scored "personal best" performances while under Chiropractic care.⁴

At We Care Chiropractic in Penn Hills, Dr. Thomas F. Antonucci went through an additional 10 month program and exam to get certified by the American Chiropractic Board of Sports Physicians (ACBSP), the same national board that certifies our US Olympic Team chiropractors, to treat athletes using chiropractic, nutrition, and physical therapy.

If you're interested in treating an existing injury, preventing injuries, or taking your performance to the next level call for an appointment at 412-795-2900 or email to drantonucci@wcchiropractic.com.

References:

- Christensen, K. DC, (1997, May/June). Sports Related Back Injuries in Young Athletes." The American Chiropractor
- Stump, J. DC, Redwood, D. DC, JMPT, March/April 2002, Volume 25 - Number 3, *The use and role of sport Chiropractors in the National Football League*
- Lauro, A. & Mouch B. (1991) "Chiropractic Effects of Athletic Ability" *The Journal of Chiropractic Research and Clinical Investigation* pp. 84-87
- Grimston, SK, Engsborg JR, Shaw L & Vetzan NW, (1990) "Muscular rehabilitation Prescribed in coordination with prior Chiropractic therapy as a treatment for sacroiliac subluxations in female distance runners" *Chiropractic Sports Medicine* p.2-8

Vaccination Vs Immune Boosting

Vaccination is a hot topic in the cold / flu season. There are many "experts" on both sides of the coin advocating pros and cons of each decision but we live in the information age and each person should do their research and make the decision that is right for them as there are dangers for both choices.

What is proven effective and safe is a number of natural remedies. Vitamin C naturally boosts the immune system to help fight off foreign bacteria and viruses. We carry Ultra Potent C, a micro-crystalline form for better absorption and faster effectiveness. Probiotics (good bacteria) were recently headlined in the Pediatrics journal reporting a large study in which children who were taking probiotics had significantly less ear infections, colds, and flu. We carry Ultra Flora Plus, a blend of good bacteria that in one capsule carries as many probiotics as 17 gallons of Activia yogurt.

To see our list of supplements available visit our website at <http://www.wcchiropractic.com/vitamins.php>. You can email supplement / vitamin questions to Dr. Antonucci at drantonucci@wcchiropractic.com.

HealthCare and Finances

As healthcare continues to become more expensive many companies are moving towards higher deductibles and co pays for their employees in order to keep premiums down. This has lead to many people not getting the care they need for fear of personal costs. Fortunately many of these companies have added flex accounts (FSA's), and healthcare re-imbusement accounts (HRA's), and people getting healthcare savings accounts (HSA's) for themselves. Flex accounts (aka cafeteria plans) must be watched because if the amount in the account isn't used by the time the policy renews it goes away ("use it or lose it" policy). If you have a flex account definitely monitor what goes in, compared to what you need, modify accordingly on a yearly basis, and if you need care, use it (especially with the year and many policies coming to an end on December 31st). HSA's (healthcare savings account) build over time, gains interest, and can be used for healthcare expenses until age 65 when it opens for other uses without penalty above taxes. A new advent is more companies are reimbursing (HRA) for part of or the entire deductible and or co pays. Ask your human resources representative if this is an option for you.

Whatever your situation if you have a health issue, investigate your options. Five of the most dangerous words in healthcare are "maybe it will go away". Don't be a healthcare statistic, if you have questions regarding your coverage call our billing department at 412-795-2900 and ask for Eileen or email to epentrack@wcchiropractic.com.