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(412) 795-2900

[www.wcchiropractic.com](http://www.wcchiropractic.com)

### Hours

Monday – 8:30am – 7:00pm  
Tuesday – 8:30am – 5:00pm  
Wednesday – 4:00pm – 7:00pm  
Thursday – 8:30am – 7:00pm  
Friday – 8:30am – Noon  
Saturday – 8:30am – 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

### Sautéed Asparagus and Shrimp with Gremolata



Sauté the two main ingredients separately to avoid overcrowding the pan. A fresh lemon-herb topping rounds out the flavors in this entrée. You could also try this recipe with chicken and broccoli.

### Ingredients

**Gremolata:**  
1/4 cup finely chopped fresh flat-leaf parsley  
2 teaspoons grated lemon rind  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
3 garlic cloves, minced

**Shrimp:**  
4 teaspoons olive oil, divided  
3 cups (1 1/2-inch) slices asparagus (about 1/2 pound)  
1 1/2 pounds peeled and deveined medium shrimp  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper

### Preparation

- To prepare gremolata, combine first 5 ingredients; set aside.
- To prepare shrimp, heat a large nonstick skillet over medium-high heat. Add 2 teaspoons oil to pan, swirling to coat; heat 20 seconds. Add asparagus to pan; sauté 3 minutes, stirring frequently. Remove asparagus from pan; keep warm.
- Add remaining 2 teaspoons oil to pan, swirling to coat; heat 20 seconds. Add shrimp to pan; sauté 3 minutes or until done, stirring occasionally. Add asparagus, 1/8 teaspoon salt, and 1/8 teaspoon pepper to pan; sauté 1 minute or until thoroughly heated. Sprinkle evenly with gremolata.

Lorrie Hulston, [Cooking Light](#)  
APRIL 2008

**Dr.'s Side Note:** This dish has a very nice balanced level of protein and vegetable. If you wanted to add a starch to it you could spoon this over a low glycemic grain like long grain brown or wild rice, farrow, or cous cous.

## New Hours

After many requests from our patients asking for another night of availability, we have decided to expand our hours of operation to include **Wednesday nights from 4-7 pm**. Call for your appointment today at (412) 795-2900.

## Health and Human Services HealthBeat

**Exercising Against Prostate Cancer** - Brisk walking is good for the body. It reduces insulin and chronic inflammation; both of which affect growth of prostate cancer. A new survey of more than 1,400 prostate cancer patients showed that physical activity can affect that risk. Dr. Erin Richman is with the University of California, San Francisco

**A Dose of Exercise for Depression** - People being treated for depression may find exercise can pick up where medication leaves off. A study reviewed the effects of aerobic activity as a second treatment in patients who did not do well on their original anti-depressant medication. About 30 minutes' worth of exercise four days a week proved to have an impact.

Dr. Madhukar Trivedi is at the University of Texas Southwestern Medical Center in Dallas.

"It was the dose. The type of exercise was all aerobic. Some of them used treadmills. Some of them used a stationary bike. But the real important ingredient was the total energy expenditure of the dose of the exercise." (12 seconds)

Exercise can improve overall health and reduce your risk for heart disease or diabetes.

The study in the Journal of Clinical Psychiatry was supported by the National Institutes of Health.

### Dr.'s Side Note:

One of my old professors used to say that "If exercise could be put into a pill, it would be the most widely prescribed pill in the world and would eliminate the need for 90% of the rest of them."

The research continues to pour out about the number of diseases / disorders that can be prevented, delayed, and reduced with exercise. The biggest one being diabetes which is reaching / has reached epidemic levels. Combine exercise with a healthy diet and many of them are eliminated. Look in your family history and start the prevention now!!!

## Lack of Vitamin D May Harm Older Women's Health

Better prevention, treatment of deficiency needed for nursing home patients, researchers say

TUESDAY, March 6 (HealthDay News) -- Vitamin D deficiency is common among women in nursing homes and is associated with an increased risk of death, a new study finds.

The findings highlight the need to prevent and treat vitamin D deficiency, according to lead author Dr. Stefan Pilz, of the Medical University of Graz in Austria, and colleagues.

Their study of nearly 1,000 female nursing home residents, average age almost 84, in Austria found that 284 (30 percent) of the patients died after an average follow-up time of 27 months. The researchers also found that almost 93 percent had lower-than-recommended vitamin D levels.

The study appears in the April issue of the *Journal of Clinical Endocrinology and Metabolism*.

"Our findings show that the vast majority of nursing home residents are severely vitamin D deficient and those with the lowest vitamin D levels are at high risk of mortality," Pilz said in a news release from the Endocrine Society. "This situation warrants immediate action to prevent and treat vitamin D deficiency."

Vitamin D deficiency is a risk factor for bone problems. Treatment involves taking up to 800 international units of vitamin D a day.

"Vitamin D supplementation in these patients can exert significant benefits on clinically relevant outcomes such as fractures," Pilz said. "In light of our findings, and the existing literature on adverse effects of vitamin D deficiency, there exists now an urgent need for effective strategies to improve vitamin D status in older institutionalized patients."

While the study uncovered an association between vitamin D deficiency and mortality among women in nursing homes, it did not prove a cause-and-effect relationship.

**Dr.'s Side Note:** A local study found that over 99% of Pittsburgh is Vitamin D deficient due to the lack of sunlight we get. I recommend 5000 IU daily during the winter and at least 1000 IU daily during the summer. Vitamin D has also been proven to boost the immune system against colds, flus, and cancers.

## Links to Good Health

I've found so many good articles that will help many of our patients but are too large to fit into this newsletter. As a result I created a "links" section. Clicking on the links should work but if not, copy and paste into your browser. If any of you finds a good article that you'd like to share that may help our patients, feel free to email the link to [drtantonucci@wcchiropractic.com](mailto:drtantonucci@wcchiropractic.com).

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**Natural Support for Sexual Health: Effective Herbal Supplements** - [http://www.nutritionalwellness.com/archives/2012/feb/02\\_meschino.php](http://www.nutritionalwellness.com/archives/2012/feb/02_meschino.php)

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