

## Pregnancy and Chiropractic

**P**regnancy is a special time in a woman's life. It is a time when a woman's body goes through many changes and adaptations in preparation for the creation and delivery of life. However, as wonder-

ful an experience as this can be, it can also be very stressful to her body. During the course of pregnancy, many physiological and hormonal changes take place. One change that takes place is the production of "relaxin," a hormone produced by the body, which

softens pelvic ligaments to prepare for the baby's head to exit the pelvis. Relaxin can also destabilize the back and make the spine misalign more easily.

Another significant change, which occurs during pregnancy, is weight gain. On average, a woman will gain 30-40 pounds by the end of her pregnancy. This increase in weight can create spinal misalignments and/or postural distortions, which in turn affects nerves, muscles and mobility of joints. As the bulk of this weight is deposited in the abdominal area, the mother's center of gravity shifts forward. In order to

compensate, and maintain balance, the natural curves of the spine, particularly in the low back region, become exaggerated causing stress and strain to ligaments, muscles and joints, eventually leading to "low

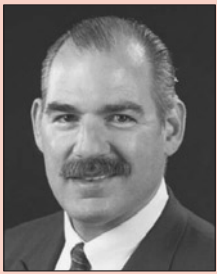
back pain." This continuous change in posture can cause vertebral segments to slip out of place, putting pressure on spinal nerves. It is especially important during pregnancy that nerve impulses flow from the brain to all parts of the body. A slightly out-of-



place vertebra can create nerve irritation that disrupts the body's communication system, blocking information from not only getting to areas of the mother's body, but also to the baby. The stress and strains, which can cause disruptions to the flow of this vital energy, can be relieved with regular chiropractic care. Using gentle spinal adjustments, the chiropractic doctor can relieve this nerve irritation, allowing the body's energy to flow freely again and eliminate periodic pain and other complications of pregnancy.

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*From Dr. Bud*  
**Health Care –  
 Where Do We  
 Rate Worldwide?**

**A** recent study done by the U.S. Health and Human Services Department and reported in the February 16th *Business Week* ne said that the United States devotes roughly 15% of real gross domestic product to health care. That translates to about 100% more money spent by Americans on health care than the Europeans or Japanese. Especially troubling is the fact that American life expectancy is one to two and a half years shorter than in Western Europe and Canada and over three years shorter than in Japan. Many experts attribute the discrepancy to the rate of obesity in the US. This in turn leads to an increased likelihood of diabetes, heart disease and cancer. These in turn require expensive medical procedures.

Avoid the pain and expense of managing obesity and/or a life threatening disease, by employing an ounce of prevention. Maintain your health through sensible eating, the proper amounts of exercise and rest and regular (not to mention) affordable chiropractic adjustments.

Further compounding the problem, demands on U.S. health-care budgets are projected by analysts to increase when the first wave of baby boomers hits retirement age. Experts recommend a change in lifestyle or American health standards may very well continue to decline. Begin your lifestyle change now by attending our Posture and Exercise workshop and Spinal Care class.

These health-enhancing workshops and classes are offered at no charge as an added service to our patients. Held Monday nights at 6:30 p.m., they are available by appointment only. Non-patient guests are welcome based on available space.

Please call our front office today at (626) 792-3390 for a current schedule of classes, and to reserve your place.

## Attention Medicare Patients

**Y**ou may have some questions about Medicare and what they pay for in regards to chiropractic services. Here are some answers:

Medicare *will pay* for 12 chiropractic manipulations per year (more visits may be approved with a letter of “Medical Necessity” from your treating doctor).

Medicare *will not pay* for new patient exams, consultations, x-rays, supports, supplements or physical therapy – this would be the patient’s responsibility.

Our Insurance Department is happy to assist you in getting reimbursed for the chiropractic manipulation from Medicare. The procedure does take some time, so please be patient. You will be responsible for paying for the services when they are rendered, but then we will bill Medicare for you to get you reimbursed. The insurance Department does billing once a week, at which time your services for that week will be processed. (We only bill your primary insurance). If your primary insurance is Medicare, then they will automatically bill your secondary. It takes about 45 to 60 days to get a response form Medicare. Our office will receive the same notification that you receive at home. Please be aware that the claims processing company for Medicare is known as National Heritage. If they require more information to process the claim, please be assured that we will send out whatever is needed immediately. However, allow more time for reimbursement. Medicare reimburses 80% of the medical fee.

All of us at Budincich Chiropractic Clinic are happy to assist you in any of your insurance needs. Please do not hesitate to call during regular business hours. There may come a time when we ask for your assistance in getting a bill processed, and we appreciate your time. Please remember that your insurance coverage is a contract between you and your insurance company We would like to thank you in advance for your partnership in processing all claims.

Best Regards,

Betty Servin  
 Insurance Department Supervisor

# Short Leg Syndrome – The Hidden Cause of Low Back Pain!

**A**lthough you may have never paid much attention before, chances are one of your legs is slightly shorter than the other!

If we drew a line down the middle of our body, we would expect one side to mirror the other in size, shape and appearance. Despite some close similarities, subtle differences are quite common. The difference in leg length, however, can be so small that the untrained eye may not even be able to detect it.

Due to the need to maintain the head and shoulders balanced over the torso, and the torso over the feet, a leg length discrepancy imposes a strain on the whole body musculature. It is very typical for people to experience discomfort when standing

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***There are two types of leg length discrepancy – true and functional. Both problems are sometimes called “short-leg syndrome.” Your treatment depends on which type you have.***

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in one spot even after just a few minutes. People with short leg syndrome tend to feel achy and tired after standing in long lines, jogging or running, and any other activity that requires them to carry their body weight for a while. People also tend to notice one-sided muscle spasms and strains, as well as one-sided joint pains. It is also common to see that the shoe sole on one foot

gets worn out a lot sooner than the other shoe sole. The areas affected are usually the low back, hips, knees and ankles. However, depending on the stress level and the longevity of the problem the symptoms may translate into the mid and upper back and even the neck, thus creating havoc in your body without you even realizing what is going on.

There are two types of leg length discrepancy – true and functional. Both problems are sometimes called “short-leg syndrome.” Your treatment depends on which type you have. A true leg length discrepancy is caused when one leg doesn’t grow enough or one leg grows too much. When the legs are measured from one fixed point to another fixed point, there is a difference in the measurements. The problem can be in either of the major bones of the leg – the femur, or tibia. There is a tendency for short-leg syndrome to run in families. Therefore, evaluation at a young age is crucial to your child’s development, since it may in fact prevent scoliosis. A functional leg length discrepancy does not involve legs of unequal length; rather, this form of short-leg syndrome has an underlying biomechanical cause (usually muscle spasms and/or bone misalignments). While the legs are the same length, one leg may appear shorter when the patient is evaluated in a lying or sitting position. This is usually caused by a misalignment in the pelvic girdle, or the hip or a sacroiliac joint subluxation.

It is fortunate that both types of



short-leg syndrome can be treated with Chiropractic care. A true leg length problem is treated with a heel lift or prosthetic device to correct the short side. Fixing the underlying biomechanical problem – re-aligning the misaligned bony structures by chiropractic adjustments – treats the functional leg length problem. Both types take time to treat since the body adapts over time to the misalignment, and the muscles and ligaments need to be retrained once a correction has been made.

Chiropractic treatment can correct many problems in the pelvic, hip and sacroiliac regions, thus relieving your back pain. Regular chiropractic treatments are also used to relieve pain caused by a true leg length problem, while the body is adjusting to a lift that elevates the shorter leg to its correct position. Continuous periodic palliative care is needed to make sure that the symptoms do not reoccur. ■

## Our Patients Speak

### “When Can I Go Back?”

By Debbie Wiles

**W**ho knew that going to a chiropractor would be a life changing experience? That was the question that ran circles in my mind as I watched the landscape of Southern California float by from 7,000 feet in the air. Dr. Budincich invited me to be part of the weekend fly-in team to Clinica la Esperanza in the village of Nueva Odesea, Northern Baja, Mexico, which delivers doctors, dentists, and chiropractors under the coordination of Mexican Medical Ministries. The recruitment process was rather complicated and went something like this:

*Dr. Bud (as he cradled my neck): “I’m thinking about recruiting you for my next mission trip to Baja” (CRUNCH!).*

*Me: “OK.”*

Patients at the La Esperanza clinic are primarily migrant workers brought up from Oaxaca to labor in the surrounding fields, which were inhabited by acre upon acre of Brussels sprouts. Most of the laborers live in nearby migrant camps, which we were given the opportunity to visit. As we entered the camp, situated on a dirt road next to the agricultural fields, a throng of children ran to greet us, grasping our hands. If there were no hands left free, they hugged our arms and legs, asked us questions, and entreated us to play. Families at the camp each share a 10' x 15' room in barracks constructed of corrugated iron. Some had concrete floors, some dirt, and we were told that most preferred the dirt because it was softer to sleep on. Patients often arrived at the clinic hours before it opened to receive care. The locals were friendly, as some travel writers might quip, graciously bearing with those of us who don't speak Spanish.

While the medical professional and assistants spent the day in the clinic, those not trained in medicine found supporting roles doing construction jobs around the compound, landscaping, painting, playing with children while their parents were receiving treatment, or preparing three meals a day for over 30 people.

When I started reading up on Baja, Mexico I ran across a travel article with the enticing headline, “Refresh your soul on Mexico’s Baja Peninsula,” advertising a



(Top) Debbie Wiles rides in Dr. Bud’s co-pilot seat on the way down to Baja California.

(Center) Dr. Bud’s “Manos Con Alas Aviation” fleet arrives in the San Quintin Valley, Nueva Odesea, Baja California Norte.

(Bottom) The volunteers gather in front of one of the planes before traveling to the clinic.

resort spa that requires a minimum 7-night stay because, they say, that's how long it takes to de-stress. I wonder what they would say if I told them one could refresh their soul in a weekend, without the massages and beauty treatments, sleeping on bunk beds in a dorm and working all day

in the sun and dust, and with a new appreciation for all that we have and take for granted. I returned tired, sore, sunburned, and more rested than I've been in months. As the plane carried us back home, the question that ran circles in my mind was "When can I go back?" ■



Dr. Budincich with a young mother and her three children in the hallway of Clinica la Esperanza.

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## **Pregnancy and Chiropractic,** *continued from page 1*

Clinical studies have proven the benefits of chiropractic care during pregnancy. Irwin Henderson, MD, a member of the AMA Board of Trustees, conducted one such study. The study concluded that women who received chiropractic care during their third trimester of pregnancy were able to carry and deliver with more comfort. Another study showed that chiropractic adjustments significantly decreased mean labor time. Women receiving chiropractic care through their first pregnancy had 24% shorter labor times than the group not receiving chiropractic care, and multiparous women reported 39% shorter labor times. In addition, the study showed 84% of women reporting relief of back pain during pregnancy with chiropractic care.

Chiropractic care focuses on the overall effects of spinal misalignment, and its effect on the nerves that carry health-giving energy to every cell of the body, especially to those of your baby. It is easier to be healthy and experience a trouble-free pregnancy when your body's nervous system is free to send the right information.

If you are looking for a good OB-GYN who understands the benefits of chiropractic during pregnancy, we highly recommend Dr. Bryan Jick of Pasadena, who works out of Huntington Memorial Hospital. Dr. Jick and his staff are always praised highly by all of our mothers and mothers-to-be who have seen them. ■

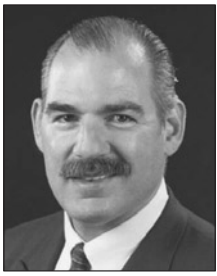
## **American Red Cross**

# **Be a Blood Donor – Save Lives!**

Part of our purpose at the Budincich Chiropractic Clinic, from the very beginning, has been to serve as many sick and suffering people as is humanly possible. We naturally do this with chiropractic care, but there are times when we team up with the community to provide even more service. Now is one of those times.

We, the Doctors and staff of Budincich Chiropractic, are teaming up with the American Red Cross to replenish diminished blood reserves in the San Gabriel Valley. In the process we are extending an invitation to you, our patient, to help the community by donating blood. As a blood donor you have the opportunity to impact lives. We feel the same about Chiropractic. So when you give blood, we will give you a complimentary adjustment. If you or someone you know is not receiving chiropractic care, we will perform the initial consultation, examination and any necessary x-rays in exchange for a visit to the blood mobile.

This all takes place Thursday, June 10 from 1 p.m. to 7 p.m. Call early to schedule your donation time as these spots will fill quickly and you don't want to miss out on what promises to be a truly "Great Day at Budincich Chiropractic."



## Lower Back Pain and Herniated Discs

By Michael N. Budincich, D.C.

Over the years, we have become specialized in the treatment of bulged, protruded, or herniated discs. This sub-specialty of ours came about from my own personal problems, as an athlete at U.S.C., and periodically thereafter. Having suffered the pain of herniated disc syndrome (I.V.D.), and its related sciatic pain, it brings me especially close to my patients in dealing with this problem.

We are happy to say that we are very successful in treating this problem, as long as the patient is very patient, and really has a goal of trying to avoid back surgery, whenever possible. In the hundreds of cases I've treated with herniated disc syndrome, only a couple dozen have been lost to back surgery over the past twenty-three years. This is approximately a 90% success rate for curing or greatly relieving herniated disc syndrome. However, the I.V.D. syndrome, (inter-vertebral disc disease) is definitely diagnosed by MRI scan, and the physiological findings on physical examination make it generally evident to the experienced practitioner. The syndrome is characterized by searing pain into one or both legs, with, or without, acute lower back pain. This represents the most severe of the back conditions that we generally take care of on a day-to-day basis.

Herniated disc syndrome is characterized with increased pain while bending, sitting, driving, reaching, or stooping. It generally improves

with lying flat on the back with the legs elevated, walking around, or just general active movement. Patients, after sitting awhile, become compelled to stand up to relieve the pain, and may walk bent over, or leaning to one side, in the acute phase. Patients can be seen, from behind, listing to one side, favoring one leg,

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and often times limping, when the case is advanced. Milder cases of sciatica, caused by herniated disc, may feel like a "charley-horse" deep within the buttocks, radiating into the mid thigh, or even to the knee. More advanced cases of this syndrome, have the pain traveling past the knee into the calf and foot, and may even causes numbness or tingling into the toes, or cramping feelings in the foot.

Proper treatment of this condition requires immediate intervention, rest, avoidance of sitting or lifting, the use of a *tight lumbar corset-belt*, and active chiropractic treatment, consisting of specialized techniques. These specialized techniques include the state-of- the-art inter-segmental flexion/distraction, which we are capable of in all of our treatment rooms. Specific physiotherapy modalities, such as interferential current, ultrasound, and electrical

muscle stimulation, also improve pain and speed recovery.

When a case initially responds slowly, an MRI is frequently required, to definitively diagnose the cause of the back and leg pain. An MRI will frequently show a bulged or protruding disc that may, at times, even be fragmented or "sequestered" as is scientifically explained, which can be more grave in nature. Fragmented discs, will take much longer to heal and require many more treatments than a simple smaller bulge. Herniated discs that are bulging less than 7 mm frequently have excellent results, in a relatively short period of time, fewer than three months. Cases with 7 mm bulges, or fragments that are larger, may take several months to a year or more to fully stabilize.

Many patients, that have busy schedules are unwilling to be patient enough to have this condition heal naturally, which is the best way. An unresponsive case, or an impatient person, may opt for back surgery to remove the bulge or fragment by several surgical techniques. The least invasive surgical technique is always the best, if necessary. These techniques include: micro-discectomy where a small incision is made and a small piece of bone is removed from the area of the spine where the disc is bulging. The disc is carefully extracted from around the nerve root, relieving the pressure of the nerve root, and relieving the leg pain. The disc, unfortunately, is permanently damaged internally, and will thereafter degenerate and dry-out

(desiccate). This desiccation, causes the disc to narrow in height, or settle, and thereafter cause other problems years later, such as facet syndrome and a “stiff lower back.” A second

procedure, that has become more popular, that is less invasive, is “IDET.” This technique involves placing a small probe inside the disc,

through the thick annular layer of gristle, and placing a small electrode which has a flexible tip, within the disc, where it circumscribes the inside of the disc in a circular manner. The electrode is then activated with electricity, which literally “cooks” the inside of the disc within the nucleus pulposus. The nucleus pulposus is a “jelly-like” substance that, when heated, will shrink much like an egg will when placed in a frying pan. This heat shrinkage removes the pressure internally from the disc, and many times will relieve the pressure of the bulge against the nerve, giving the patient relief.

In the more advanced cases, more open reduction of this problem many require laminectomy, which is the removal of a bigger piece of the bone from the lower back, including the spinous processes and lamina. This requires a bigger incision and exposes the lower back posteriorly to possibly being injured by a blunt instrument, after it is performed. It is very effective in removing pressure

from large protruding discs, and a condition called spinal stenosis, where arthritis spurs may close off the small area where the nerves come from the brain down into the legs,

called the vertebral canal. This laminectomy procedure is much more invasive and requires a longer recovery, but is effective in many cases, but is not without

secondary effects and long-term problems.

Any back surgery should be considered very carefully, and can be dangerous. This is why chiropractic is always the *best* alternative to healing this problem naturally. Back surgery should be considered *only* when all other measures chiropractically have failed, and other measures have been unsuccessful in relieving pain, such as “epidural blocks,” acupuncture, and other aggressive physical therapy. Any active exercise program, specific to this diagnosis, is also necessary so that the patient can remain pro-active.

Herniated disc syndrome, or I.V.D. syndrome, is a serious condition, but can be treated naturally with good results and under proper care by an expert specializing in these problems. You should be wary about any doctor, or surgeon, wanting to *immediately* operate on you with this condition, in the absence of major neurological loss. Should you be experiencing muscle weakness in your leg, causing

you to have a “foot drop,” or severe weakness in the leg, or persistent total numbness in one part of your foot, then surgery may be required, and we can certainly give you a referral to the best in the area to perform these procedures. No surgery should ever be considered to the lower back without at least trying four to six weeks of aggressive chiropractic care first, unless there is severe neurological loss, as mentioned earlier. If the buttock and leg pain is only a nagging pain, and you are able to function but with some discomfort, the chances are that you are a non-surgical case, and can be treated conservatively. If you know of anyone that is suffering these types of symptoms, or that you feel has been diagnosed with these

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types of problems, please refer them to us so that we may be able to save them from a possible back surgery. Since we are specialized in this condition, our results are excellent most of the time.

If you have any further questions, or if you have this condition, or a friend may have it, feel free to call the office and speak with Dr. Budincich personally, or any of the other doctors to see if we may be able to help you. ■

## Our Patients Speak

I came into the clinic with extreme back pain that I've had for many years. Over the past several years I had seen several Physical Therapists and Chiropractors and none of them correctly diagnosed my back problem because they never x-rayed my spine to make a proper diagnosis. In addition to finally having x-rays taken of my back, Dr. Bud sat down with me and went over my x-rays, explaining exactly what all those little bones on that big black and white picture were, pinpointed where the pain was coming from, and put me on a treatment plan based on my diagnosis. Three months later, I would say I feel at least 85% better than the first day I walked through the door. The doctors here know what they are doing and are very professional, yet all are very friendly sociable, and make me feel very comfortable. I would definitely recommend Dr. Bud's clinic to anyone who wants the care they need... Bravo, and thank you for being in Pasadena! Keep up the good work!

Sincerely,

Dr. Jennifer B. Yaffee

Lecturer, Calif. State Polytechnic University, Pomona

## Do You Have a Chiropractic Story of Your Own?

The first chiropractic patient was not treated for back pain. He wasn't treated for neck pain either. As a matter of fact, he wasn't treated for pain at all! He was deaf. That's right – Dr. Daniel David Palmer treated Harvey Lilliard for his deafness, which began seventeen years earlier. Subsequent to Dr. Palmer's adjustment, Mr. Lilliard regained his hearing. Both their lives changed forever. Health care was changed forever. Such was the first modern day chiropractic story, and it paved the way for countless chiropractic stories since. Now, we at Budincich Chiropractic Clinic want to hear your story. How has Chiropractic care impacted your health?...your family's health?...your life? Mail, fax or e-mail us about your experience with chiropractic. The story should be about one page or less. We want to be able to share your story with those who do not know the power of chiropractic and so with your permission, we will print several of your responses in our upcoming newsletters.

The contributors of stories used in our newsletter will be rewarded with a complimentary adjustment following a deep massage by Maria. ■

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