



Budincich Chiropractic Clinic, Inc.

Spine-A-Line

Summer 2009 • For patients and friends of Budincich Chiropractic Clinic

Fibromyalgia Pain Can Be Eased by Chiropractic Care

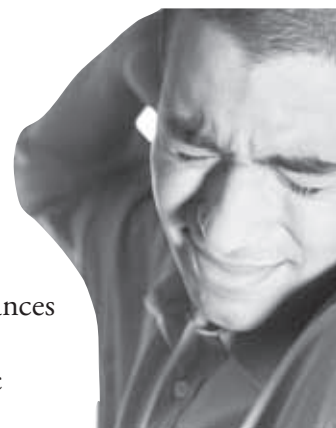
By Michael N. Budincich, D.C.

Fibromyalgia syndrome is characterized by general pain and fatigue. The name “fibromyalgia” means pain in the muscles, ligaments and tendons. Fibromyalgia is especially confusing and often misunderstood because almost all its symptoms are also common in other conditions. Some individuals with fibromyalgia have been told that their symptoms are “all in their head.” But fibromyalgia is *real*.

Fibromyalgia is a form of muscular and “soft-tissue” rheumatism. It refers to pain in muscles and connective tissues. Specific symptoms include:

- Tenderness of at least 11 to 18 specific sites of the anatomy
- Chronic aching and stiffness

- Sleep disturbances
- Pain
- Chronic Fatigue
- Gastrointestinal disturbances
- Soft tissue swelling
- Dizziness
- Anxiety and depression



Due to the muscle pain most people decrease their physical activities, which leads to an increase of the symptoms. The lack of sleep is devastating to the body, because during the 4th level of sleep, the body regenerates and repairs.

The causes and diagnosis of fibromyalgia are difficult. There

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OFFICE HOURS:

Monday

Wednesday

Friday

8 a.m. to 6 p.m.

Tuesday

9 a.m. to 7 p.m.

Thursday

8:30 a.m. to 7 p.m.

Saturday

8 a.m. to 11 a.m.

Office is closed for lunch from 1 p.m. to 3 p.m.

Sunday

Closed

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Pasadena, CA 91106
(626) 792-3390
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Stress Got You Down?

Try Acupuncture! *By Richard Wright, D.C., LAc*

The thought of having needles put into your body may alone stress you out, but, believe it or not, it can be incredibly effective for relieving stress – and it’s drug free!

Acupuncture is a thousands of years old healing art that is associated with traditional Chinese medicine (TCM). Though acupuncture is traditionally thought of as originating in China, the oldest mummy found with evidence of an acupuncture treatment was found in the Alps of northern Italy.

Acupuncture attempts to balance the body by manipulating the flow of qi and blood and by balancing the yin and yang. Qi is energy that flows through the body in pathways called meridians that correspond to different organs. Each meridian has acupuncture points that are used to treat a condition based on the TCM diagnosis. Acupuncturists use information obtained by carefully checking the pulse and looking at the tongue, along with a detailed history and examination, to come

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The Most Common Fibromyalgia Myths

Myth: Fibromyalgia is not a real illness. It is psychological.

Fact: Fibromyalgia is a real, complex illness that is characterized by a variety of symptoms, above all, persistent, widespread pain with multiple tender points, poor quality of sleep and fatigue. While depression can cause fibromyalgia and the symptoms of fibromyalgia can lead to depression, they are not the same thing.

Myth: Fibromyalgia syndrome (FMS) is a fatal condition.

Fact: While it is true that people with chronic conditions such as lupus, rheumatoid arthritis and migraines are more likely to develop fibromyalgia, there is no evidence that FMS affects an individual's life expectancy.

Myth: FMS is a new and rare condition.

Fact: Fibromyalgia symptoms have been present for hundreds of years. Older names for fibromyalgia syndrome include muscular rheumatism, fibromyotosis and fibrositis. The term fibromyalgia syndrome, which more accurately reflects the fact that fibromyalgia pain targets both the muscles and soft connective tissue of the body, was coined in the mid-1980s.

Myth: FMS will cause serious damage to the body.

Fact: FMS does not appear to cause progressive deterioration to the body. However, fibromyalgia patients have consistently reported an increase in the severity of fibromyalgia symptoms, such as fibromyalgia pain. This exacerbation of symptoms results in a decreased level of functioning, making simple day-to-day chores, such as washing dishes, extremely physically demanding. This decreased activity level in turn leads to decreased muscle conditioning, thereby having an impact on the individual's overall physical and psychological well-being.

Myth: Only women get FMS.

Fact: While women are ten times more likely than men to get FMS, men also suffer from fibromyalgia.

Myth: Fibromyalgia only affects older adults.

Fact: Generally, FMS is diagnosed between the ages of 20 and 50. However, it can be seen in individuals of all ages, including children.

Fibromyalgia Pain, *from front page*

is no laboratory test or x-ray in which a "fibromyalgia marker" can be found. There may be physical or emotional traumas which seem to trigger the symptoms associated with fibromyalgia. And while fibromyalgia is not genetic, there may be a predisposition in a family to have fibromyalgia symptoms. The bottom line is...*fibromyalgia is real and it can be helped.*

Fibromyalgia patients are finding that one way to decrease their symptoms is with chiropractic care. Because fibromyalgia causes numerous tender points all over the body, many fibromyalgia patients suffer from back pain, neck pain, and leg cramps. In an attempt to solve these problems, many sufferers have looked to chiropractors. Because simple adjustments to the neck and spine can restore the carriage of the whole body, many fibromyalgia sufferers find that alignments of the spine can significantly reduce pain all over their bodies.

Studies Show that Chiropractic Adjustments Bring Pain Relief

Researchers suspect that people who experience certain conditions are more prone to develop fibromyalgia, including history of injuries to the upper spine, infections, or malfunctions of the sympathetic nervous system. Chiropractic care can address these challenges.

Numerous studies have been conducted analyzing the benefits of chiropractic care in fibromyalgia patients. One study asked 81 fibromyalgia patients to indicate drug or alternative treatments that best relieved their pain. Chiropractic care treatment scored surprisingly high in this study. Another study examined the effectiveness of spinal manipulation in relieving fibromyalgia symptoms. After just 15 treatments, fibromyalgia patients suffered from less pain and fatigue, and actually enjoyed better sleep quality.

Upper Cervical Spinal Stenosis

Many fibromyalgia patients suffer from a condition called *Upper Cervical Spinal Stenosis*. This causes the coverings of the upper spine, known as meninges, to become compressed. This can cause severe, debilitating pain all over the body. Chiropractors can adjust the head and neck so the spine is no longer compressed, helping to relieve the widespread pain symptoms of fibromyalgia.

The Budincich Chiropractic Clinic has been able to help many fibromyalgia sufferers. If you or a loved one spends their days in pain, or hates being dependent on prescription drugs to alleviate their symptoms, please let them know that we are available to help them. ■

Stress Got You Down?, from page 1

up with a TCM diagnosis which will guide the treatment plan.

In Chinese medicine, stress affects the imaginary Chinese medicine liver organ, which can cause symptoms such as headaches, dizziness, and irritability. The liver in consequence can affect the Chinese medicine spleen, which can cause digestive symptoms. That's why when we're overly stressed we can have loose stools or constipation, or even both, as with people with irritable bowel syndrome (IBS). Even in western medicine IBS is recognized to be caused primarily by stress.

I have gotten great results in treating patients for stress. In one case, the patient stopped taking one of their stress medications after only one treatment. Not only will the acupuncture treatment smooth the flow of Liver qi, it also will cause a release of endorphins, creating a feeling in the patient of a strong natural relaxation.

So I encourage you to set up an appointment for an acupuncture



Dr. Wright inserts needles in a patient's shoulder (for tendon pain, not stress).

Acupuncture needles with electric stimulation leads attached.

treatment at the clinic, and join the millions of Americans who have enjoyed the benefits of an ancient, alternative, drugless and noninvasive therapy in treating their stress. ■

Why Do My Feet Hurt?

Your feet are made of 26 bones connected by a network of ligaments, muscles and tendons. The slightest misalignment of foot bones causes the foot structure to break down or *overpronate*.

Overpronation can cause:

- Tired, flat feet
- Low back pain
- Corns
- Arch strain
- Calluses
- Bunions
- Heel pain
- Neck pain
- Weak ankles
- Crooked toes

Prescription orthotics hold the foot in its most neutral position to control overpronation and prevent the foot's structures from breaking down.

Some sport shops and pharmacies sell shoe inserts that are not medically designed and individually made for you. Prescription foot orthotics are custom made for *your feet only!* Your doctor thoroughly examines



you to understand your special foot problems. Your doctor then takes casts of your feet while you are lying down – in a neutral position. Technicians then use your foot impressions and your doctor's prescription to custom craft your orthotics.

If you are having foot pains, talk with us about crafting a custom pair of orthotics just for you. ■

Special Clinic Events Offer a Win-Win

If you have been a patient for some time, you no doubt have seen the American Red Cross bloodmobile parked outside, or have waited for your appointment surrounded by hundreds of toys.

The Budincich Chiropractic Clinic has always been a strong supporter of community events. Blood drives and toy drives are just two of the win-win activities the clinic participates in every year.

During these drives, existing patients receive a complimentary adjustment, and new patients receive a complete new patient work-up, including x-rays if needed – all for a very reasonable donation going to a good cause.

The next **BCC Blood Drive** is slated to take place in October – date to be arranged.

This November we will hold our first annual **Thanksgiving Card Program** – details will follow shortly.

The next **BCC Toy Drive** is scheduled for Dec. 1–12. ■

Dedicated BCC Staff Members Make the Difference!

When you call or come into the Budincich Chiropractic Clinic, a staff of talented chiropractic assistants is on hand to facilitate every aspect of your visit. Their dedication helps make the doctors' days run smoothly.

Our chiropractic assistants perform a host of activities, including answering telephones, greeting patients, updating and filing patients' medical records, filling out insurance forms, handling correspondence, scheduling appointments, and handling billing and bookkeeping. Originally from the Philippines,



Noreen DeLeon



Alondra Renteria



Christie Yopez

She plans to pursue her Masters in Human Relations degree and do more ministry work. Noreen says that working at BCC allows her to do more things in the morning – everyone is like a family.

Alondra Renteria has been with the Clinic for about a year and a half. If your

appointments are in the morning, it is her beaming smile that greets you at the front desk.

Christie Yopez, who has been a staff member for about two and a half years, is our accounts manager. Accurate billing and insurance questions keep her on her toes. ■

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