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WHAT'S NEW

It's our continuing effort to improve services and further integrate our approach to comprehensive patient care, we are excited to announce that:

Leigh Gerardi, M.Sc., D.T., Occupational Therapist, has joined PHYSIOTHERAPY AT DON MILLS. Leigh brings her knowledge in Neurological/Functional Rehabilitation to maximize the benefits our patients are already receiving from their physiotherapy treatments. She is also in process of developing our Hand Therapy program in coordination with our physiotherapy team.

Brend Seitz, M.Sc., PT, Physiotherapist has joined PHYSIOTHERAPY AT DON MILLS. Brend is a graduate of Physiotherapy program of University of Sydney in Australia and also holds a kinesiology/bachelor degree from York University. He incorporates manual therapy techniques in his physiotherapy treatments.

Brend will be available on:

Mondays and Wednesdays 3 PM to 7 PM
Saturdays 9 AM to 2 PM

MELIOLGUIDE CERTIFICATION

Dina and Alana of our physiotherapy knowledge team, completed the **MELIOLGUIDE** certification in exercise planning for Osteoarthritis and Osteoporosis and will soon offer specialized exercise programs for these conditions.

Dr. Tamasz had an ear massage, a new procedure called "MANS" (Mandibular Massage). For more information on this and how it may benefit you, see our featured article in this newsletter.

OLYMPIC TORCH will be carried by our athlete patient



Don's Osteoarthritis our athlete patient, will be carrying the Olympic Torch in Mississauga on December 15, 2009. Cheers!

NEW WEIGHT MANAGEMENT PROGRAMS

Are you looking to lose some weight in the holiday season?

Follow our advice, see Registered Dietitian, obtain customized and healthy weight management programs. For more information check the e-news section of our website.
Ms. Debra also provides nutritional assessment and counseling for Osteoarthritis, Osteoporosis and Diabetes.

FEATURED ARTICLE:

UNDERSTANDING YOUR NUTRITIONAL STATUS

You have succeeded in losing weight, and expect to take it to a new level. However, 2 to 4 weeks after you start your physiotherapy regimen you notice your weight is rising (larger than anticipated). Muscles are feeling fatigued and painful, and your back seems sore for longer periods.

Careful dietary assessment may be what is needed. Individuals with limited mobility, lack of strength and/or pain need to ensure that they are having adequate energy, protein, fiber, carbs and essential fats.

To determine your nutritional health you need to ask yourself the following questions:

- How much water do you consume each day (the first factor amount of fluid is #1)
- Do you eat fewer than 2 meals per day?
- Do you eat less than 2 servings of fruits, vegetables, and/or milk products per day?
- Without trying, have you gained 10 lbs in the last 6 months?

Many of the symptoms and/or conditions you are experiencing may be due to your nutritional status. For example, low iron levels can help decrease the amount of oxygen that is being delivered to the muscles resulting in quicker muscle fatigue and slower healing. Back pain can be slow to heal if there is a decrease in calcium. Lack of calcium may contribute to the condition of osteoporosis or osteopenia.

Improving your total status can improve body movement, daily activity levels and organ functions. Through increasing energy levels and nutrient requirements, experts can determine the cause of some of the body's imbalances.

If you have answered 'yes' to any of the above questions this does not necessarily mean that you have a malnutrition or are malnourished. Further investigation is required to be done through a doctor and a registered dietitian.

*Adapted from Food Products Division, Abbott Laboratories LTD, January 2000

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FEATURED ARTICLE:

FOOD SENSITIVITY

What is food sensitivity?

Food sensitivity testing with the B-27 Accutest MSAS device is used to determine which foods may be aggravating your immune system and causing your intolerance to physical, chemical, and emotional changes. Symptoms of food sensitivity are varied, and may include constipation, diarrhea, headache, nausea, headache, skin irritation, mood swings, fatigue, muscle cramping and other vague and seemingly unrelated symptoms. Long term dietary habits may lead to more serious symptoms and illness.

How can food sensitivities be tested?

This is a food sensitivity testing is a two-step process. The first process is to determine if you have any food sensitivities. An oral test is conducted to determine if you are allergic to any of the foods tested. The second step is to determine if you are sensitive to any of the foods tested. An assessment is made using the foods that you show sensitivity to from your diet for three weeks, and give suggestions for alternate foods, based on your likes and food preferences. The assessment will allow your body to re-balance itself and re-evaluate your diet.

The second phase is to re-evaluate the foods that you have been avoiding for the three weeks. As well as the foods that commonly cause symptoms. Foods that will show a reaction, even though you have been avoiding them, are probably your primary sensitivity foods and will take longer to clear. The sensitivity testing helps you to understand which foods allow your body to function optimally, and which "lag down" your immune system. After two to three weeks elimination and re-test, it is possible to avoid eating and eat sensibly only in 3-7 days, but not less than 3-7 days after re-testing.

What is Bioelectrical Impedance Analysis (BIA) testing?

BIA is a device for measuring electrical impedance in the body. It is used to measure body composition. BIA is a non-invasive, non-painful, and non-radiating method. The electrical impedance is measured by passing a small current through the body. The electrical impedance is measured by passing a small current through the body. The electrical impedance is measured by passing a small current through the body.

The skin resistance on the acupuncture point is measured by passing a slight potential difference (voltage) between a tip electrode held against the point and a large hand electrode held by the patient. The procedure measures changes in skin resistance at the acupuncture point about with the patient. The testing is painless, involving no needles, shocks, or currents etc., and allows for specific information regarding the patient's health of each of the points, which provides the most advanced and reliable means of diagnosing disease.

Electrodermal testing may identify foods which can be classified as sensitizers, it may also be helpful in testing for allergy reactions by testing blood samples for immunoglobulin E antibody.

Second Visit (60-90)

The second visit is 1-2 hours and includes a complete health history review and relevant physical examinations. Your health concerns and wellness goals are discussed during this visit. You are asked to bring any lab tests, medications, herbal supplements and vitamins to the visit. A dietary program with your individual needs will be discussed and implemented at this visit. As well, underlying causes of food sensitivities are addressed to improve the body's tolerance to normal foods and decrease symptoms due to environmental and seasonal illnesses. You will also receive a copy of your food sensitivity test. Your Visit Cost: \$129.

The third appointment is one hour long and is based on the results of all the visits from the first, second and third visits. This is then followed by food sensitivity testing, the result of which is provided on your second visit.

Follow up visits:
Follow-up visits range from 15 min (\$25) to 45 min (\$75). Follow-up MSAS tests \$27-\$125.
We require 24 hours cancellation notice, otherwise you will be charged for the missed appointment.

Please note! All diagnostic services are not covered by OHIP however some consider health insurance plans do provide coverage. Please contact your provider for more details.

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