



# In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Drs. David & Grady Birdsell

“A true man never frets about his place in the world, but just slides into it by the gravitation of his nature, and swings there as easily as a star.” - *Edward Chapin*

*You'll never believe how easy this is...*

## Swedish Scientists Discover How To Help Men Live Longer And Healthier Lives? Wait 'Til WOMEN Hear About *This!*

***Also This Month: Your Baby - What one Doctor says reduces the risk of SIDS to almost ZERO, an overlooked cause of insomnia, can outdoor second-hand smoke kill you, and what's harming police officers' health and why it is probably affecting YOU TOO!***



**M**oline, Il. – If you are a man – and want a simple (well, kinda) way to live longer... or ... if you're a woman who wants to know YOUR role in a man's longevity... then you are going to find this very interesting.

But first, here's a little question. *If a man is given the choice between brains and beauty – which do you think he will choose?*

Do we really have to debate this? Sure, not everyone places the same importance on beauty. But it doesn't take much to look around and see what's going on in Hollywood, etc.

Looks are important. And not just for women. In fact, there is a study that shows attractive people make more money for the same jobs than unattractive people.

This held true for both men and women – and in all kinds of jobs. Good looking doctors and lawyers make more than not so good looking doctors and lawyers.

Should it be this way? No. But...

**It Is What It Is!**

And, there is NOTHING anyone can do about it.

So... life goes on...

Now, about this “how men can live longer” thing. It's really quite simple.

### **What's Harming Police Officers' Health May Harm You Too!**

Police officers often work the night shift from 8pm-4am. This, combined with overtime, can lead to short and unrestful sleep. A new study published in the current issue of *Archives of Environmental & Occupational Health* (Vol. 64, No. 3) shows this combination of night work, overtime and shortened sleep can contribute to the development among police officers of metabolic syndrome, a combination of unhealthful factors that increase the risk of cardiovascular disease (CVD), primarily heart disease and stroke. In the study of 98 police officers, 30% working the night shift had metabolic syndrome compared to 21% of the general population. The officers had a higher overall rate, but everyone should be aware of the importance of both the amount and quality of sleep they get.

According to an October 18, 2009 article in The Sunday Times, Swedish scientists have discovered men probably should be paying more attention to the brains of the women they marry... than their bodies.

This is because scientists found, according to the article, *“that long life and good health have nothing to do with a man's education and everything to do with his wife's. Men married to smart women live longer – simple.”*

It's believed the key is a woman's ability to process information about healthy lifestyles and passing it on to her spouse.

In other words, smarter women tend to ban their

husbands from eating 2 buckets of Kentucky Fried Chicken and A Big Mac as a nightly bedtime snack.

Moderate exercise is usually a topic of frequent discussion – until the man knows what’s best for him and does what he’s told!

So, at least according to this article, a man’s future is clear: IF you want to live a long, healthy life... it’s...

### **Brains Over Beauty!**

Now for important information to consider if you have an infant or are planning on having a child someday.

Dr. Jay Gordon, MD, FAAP, IBCLC, is the author of two books: (1) Good Nights: The Happy Parents’ Guide to the Family Bed (and a Good Night’s Sleep) and (2) Listening to Your Baby.

He has 23 years of pediatric experience and was the first male to become a certified lactation consultant.

According to Dr. Gordon, *“The official position jointly proposed by the [Consumer Product Safety Commission] and the crib manufacturers’ lobbyists will cost many babies their lives.”*

He goes on to explain, *“Babies sleeping on a safe surface with sober, non-smoking parents respond to their parents, and the parents respond to them. The chance of SIDS occurring in this situation is as close to zero as we can measure. For better or worse, most babies have never sneezed in their parents’ beds without their parents knowing it. How could they possibly stop breathing without our immediately being aware of the problem and quickly stimulating them back to a regular, safe respiratory pattern?”*

What’s more, Dr. Gordon says babies in a crib in a separate room from their parents will breastfeed less and be more susceptible to infections – including life-threatening ones.

Dr. Gordon states the best possible surveillance and safety system for your baby is for him or her to sleep in the same bed with you.

What about a baby being suffocated when sleeping in the same bed as the parents?

According to the article by Dr. Gordon, James McKenna, Director of the University of Notre Dame’s Mother-Baby Sleep Laboratory, says no.

His research shows no sleep arrangement is 100% safe but many more children have died from suffocation in cribs than in beds with their parents.

And here’s something you may find shocking: Dr. Gordon says that in 23 years of pediatric experience, he has never had a case of SIDS in his practice.

In Dr. Gordon’s own words, *“Vitality, all of the families I have cared for sleep in the same bed with their babies for either the entire night or the major part of it. These families succeed at breastfeeding and succeed at raising babies and children with fewer episodes of ear infection, pneumonia, and other illnesses than they would be expected to have, according to medical texts.*

*Newborn babies breathe in irregular rhythms and even stop breathing for a few seconds at a time. To put it simply, they are not designed to sleep alone.”*

This newsletter is not agreeing or disagreeing with Dr. Gordon. The purpose of this article is to bring up important issues you may want to look into so you can make an informed decision.

### **Outdoor Second-Hand Smoke Harmful?**

First came *smoking kills the smoker*. Then, research showed something a little more shocking – *smoking was also bad for people who did not actually smoke themselves, but were exposed to second-hand smoke of others*. This is why smoking has been banned in most public indoor places.

Now a new study shows something even more disturbing: *second-hand smoke outdoors is bad for you too*.

According to a November, 2009 study in the Journal of Occupational and Environmental Hygiene, a nicotine byproduct known as cotinine was found to be up to 162% greater in those exposed to second-hand smoke outdoors than a control group. According to the article, these levels are a potential public health issue.

**And don’t forget, if you ever have any questions or concerns about your health talk to us. Contact us with your questions. We’re here to help and don’t enjoy anything more than participating in your lifelong good health.**

### ***Welcome New Patients!***

**Here are the new patients that became members of our practice family this last month! We’d like to welcome you publicly, and wish you all the best!**

Derek Frank  
Michele Kulhavy  
Ryan Light  
Emily Miller  
Rachel Passini  
Dennis Peeters  
John Weis

Nancy Wirt  
Ruby Carter  
Donna Castens  
Scott Gerdts  
Samuel Simmons  
Richard Wirt

**Inspirational Story Of The Month –**  
(Names And Details Have Been Changed To Protect Privacy)

**A Real Role Model In A Time When Role Models Are Extinct**

You probably heard it. Most people did. It is on all the major news networks.

A professional athlete is in trouble. Again. It's not his first time. And by his attitude... you can tell it won't be his last.

During an interview, he is asked a very important question, "A lot of people and kids look up to you as a role model – what do you have to say to them?" His reply is prophetic of things to come. He says he isn't a role model to anyone and never wanted to be. He is a professional athlete and that's it.

Many athletes blatantly disregard any responsibility to the children who look up to them.

Somehow, it's become cool to be a "gangster." NFL players go to jail for shooting themselves in the leg at a nightclub or for brutally torturing dogs. This phenomenon is not unique to sports.

Not too long ago, being good was rewarded. Now, being a bad person made you a star. A complete nobody could go on a reality show and act like a lying, cheating, unethical jerk – and be rewarded with celebrity status, a great career and a ton of money.

Not too long ago, having a pornographic tape surface would end a great career... now it makes an unheard of spoiled brat an overnight star.

But even during the darkest night – there is a shining star.

You may or may not have heard of this shining star... but his name was Wayman Tisdale. And his story is truly amazing...

Wayman was one of the best basketball players to ever play at the University of Oklahoma or the NBA. He is one of only 10 players to be a 3-time All-American in college. He likely would have been a 4-time All-American if he did not skip his senior year to go into the NBA. He won a gold medal representing the United States in 1984 and then played 12 years in the NBA.

But being one of the best basketball players in the world wasn't Wayman's best quality. It was the way he carried himself and lived his life.

Here's what the Phoenix Sun's Chairman, Jerry Colangelo, had to say about Wayman, "You never had to worry about Wayman Tisdale. He was a gentleman and he represented himself the way you'd want all your players to represent a franchise."

Wayman was known as an amazing, approachable superstar who always had time for his fans.

Everyone who met Wayman always commented on his incredible smile and how he went out of his way to help even complete strangers.

Above all, Wayman was a devoted family man whose relationships were unshaken by money and fame.

But even more impressive than all this was how Wayman handled adversity.

On February 8, 2007, Wayman fell in his house and broke his leg. But, the break revealed something much more serious.

Wayman had a cancerous cyst below his right knee and most of his leg had to be amputated. His response to cancer and losing his leg?

"Nothing can change me. You go through things. You don't change because things come in your life. You get better because things come in your life."

Wayman didn't worry about himself. Instead, he started the Wayman Tisdale Foundation to assist individuals in need of prosthetic limbs who cannot afford them.

He also became a professional jazz musician and created chart topping hits.

But the cancer spread and Wayman passed away on May 15, 2009, after a two-year battle with the disease. He was only 44 years old.

Even in his darkest hour, Wayman uplifted others and flashed his incredible smile.

And as Wayman accepted his fate and smiled the entire way... one is reminded of this remarkable quote by Twilight author, Stephenie Meyer:

"When life offers you a dream so far beyond your expectations, it's not reasonable to grieve when it comes to an end."

Wayman obviously felt this way about his life. And the world is a better place because of it.

**We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us and we will assist you in putting together a customized maintenance plan. It's not a luxury anymore! With our low monthly payment plan, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!**

**Did You Know?... It's All in the Family** - One smart way to care for yourself is to care for your relationships. Healthy family connections and positive social support go a long way in helping you maintain and improve your physical and mental health. (And these strong relationships help make life more meaningful and fun.) So, improve your health by taking small steps toward communicating, connecting, and creating healthy bonds with friends and family. Did you know a shared dinner satisfies more than just your child's rumbling stomach? It's been found children who eat more meals with their families report significantly less substance abuse and better overall mental health than those who eat fewer meals with their families. So, take small steps toward gathering the family to feast. Even if it's simple food, the time together — not fancy fare — is what's important. Is breakfast less rushed than dinner? Then, talk over toast. Did you know there might be a real “love connection” between kindness and heart health? Maybe your heart really can be filled with (or at least fueled by) love? Men with known or suspected coronary artery disease who answered “yes” to the question, “Does your wife show you her love?” had significantly less chest pain than men who answered “no.” Everybody wins when you take small steps today. So hug your hubby, smooch your sweetie, cuddle your kids. Tuck “you're special” notes in pockets or lunchboxes. At the very least, say “I love you.”



**Tip Of The Month – Hard Time Sleeping? Here's an Overlooked Cause of Insomnia...** You don't want to look but you have to. Slowly, you roll over to see your fate... The bright numbers on your clock radio come into focus, revealing the time. You ask yourself, “How have I been laying here awake for 3 hours?” You try to salvage the dismal moment by saying “**If I Fall Asleep Right Now I Can Still Get 3 Hours Of Sleep!**” Ever had a night like that? Odds are... you probably have. So, no one needs to tell you how not being able to fall asleep (or stay asleep) can make your life completely miserable. Earlier in this newsletter, you read how research has demonstrated bad health effects on police officers who don't get normal sleep. The bottom line is: not getting the proper quality and quantity of sleep is a very bad thing. **What causes insomnia?** This has proven to be a complex issue. Data released from Curetogether shows a very important and often overlooked possible cause. An October 30, 2009 article states patients who report depression are twice as likely to report insomnia as patients with no depression. This is self-reported data and it reproduces findings previously shown in slow and expensive clinical research. The self reported data from 761 patients was analyzed, and among the 533 people reporting depression, 384 (72%) reported also having insomnia. The remaining 149 specifically reported not having insomnia. Of the 228 people reporting “no depression,” 77 (34%) reported having insomnia, and the remaining 151 people specifically reported not having insomnia. 72% vs. 34% is statistically significant with a 95% confidence interval. What does all this mean? Put short and sweet: It looks like depression is a major cause of insomnia. **Why is this important?** The first step in solving any health problem is first understanding its cause. Without first knowing the cause – treatments are nothing more than guesses. Since all drugs have harmful side effects, guessing with drugs can be a very bad thing. Insomnia is BIG business these days. There are many sleep aids that sell like hotcakes and you've probably heard some of the side effects. One side effect to really worry about is addiction to the medication. Insomnia should be taken very seriously. Lack of sleep has detrimental health effects...but so do some of the medications used for treatment. Now that research and data are showing depression plays a major part, if you are having difficulty sleeping, you should be aware of the possible causes. Many times, simple, natural remedies work for insomnia. Remedies such as: (1) Going to bed and waking up at the same time every single day. This includes weekends and days you do not work. Sleeping late on weekends can disturb your sleep patterns. (2) Sleep in a quiet, dark room. Do not attempt to sleep with a radio or television on. This leads to unrestful sleep. (3) Eating before bedtime: Most people do best not eating too close to bedtime...but others, usually with fast metabolisms, sleep better eating a little protein before they go to bed. This is individualized and you must figure out which is best for you. (4) Meditation: Meditation or simply clearing your mind of stress and strain before bedtime can be a huge help. This may be linked to the depression cause of insomnia. Stress can be a little issue – or a big one that leads to depression. Controlling stress is one of the most important things you can do for quality sleep and your overall health. If these simple steps do not work for you, you may want to seek the help of a healthcare professional.

**Patient of The Month**... This month's patient of the month is Doug Anderson! Congratulations! As usual, the patients of the month will receive a FREE Aqua-med dry hydrotherapy session. Watch for your name here in a coming month!

**Remember, we're always here, using the miracle of Chiropractic to help your body heal and maintain the health you deserve.**

*This information is solely advisory, and should not be substituted for medical or chiropractic advice. Any and all health care concerns, decisions, and actions must be done through the advice and counsel of a healthcare professional who is familiar with your updated medical history. We cannot be held responsible for actions you may take without a thorough exam or appropriate referral. If you have any further concerns or questions, please call our office at 309-764-8821*