

Backbone Chiropractic Newsletter

SUMMER

2008

From Dr. Batdorf:

Many of you don't know that the laws concerning chiropractic in the state of Michigan are the most restrictive in the country! It is illegal in the state of Michigan for a chiropractor to take a blood pressure reading on a patient (I do on every new patient regardless). Adjusting

of shoulders, arms, hands and feet — services that I supply happily are also technically "illegal." Currently there are two bills passing through state congress that would restore the scope of practice to where it was prior to 1978. Your support for these bills is ESSENTIAL!!!

Please go to www.chiromi.com and put your zip code in the "Write Your Legislators" icon on the right-

hand side of the page and click, "Go." Then, scroll down to input your address or zip code (to find your lawmakers), scroll back up to the "Take Action!" section and click on "DCs Scope Restoration Bills in Both Michigan House and Senate!" Compose your message, fill out the required information and send an email to your lawmakers. Then pat yourself on the back.

Choose Your Mate Wisely

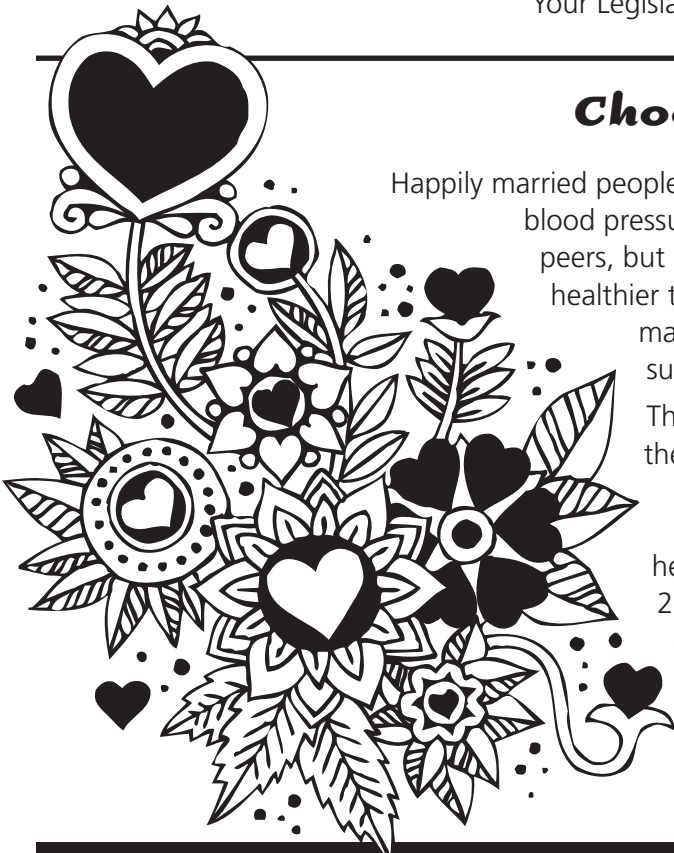
Happily married people tend to have lower blood pressure than their single peers, but being single may be healthier than being unhappily married, a new study suggests.

The study, published in the March 2008, *Annals of Behavioral Medicine*, sampled 303 generally healthy men and women, 204 married and 99 single. Each responded to questions about marital quality, social support and mental health.

Scales were used to rate

stress and life satisfaction. Then each subject wore a portable blood pressure monitor for 24 hours while performing their normal activities. The groups had little difference in waking blood pressure, but married people had significantly larger dips in blood pressure during sleep (people whose blood pressure does not dip during sleep are at higher risk for cardiovascular disease). On average, the unhappily married had higher daytime and 24-hour blood pressure readings than single people. Having a wide social network had no effect on the

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Thank you for your referrals. My business is based on them and they are your greatest compliment to my office. To show my appreciation share this newsletter with a friend who needs chiropractic and they will receive a **free consult and exam.**

Backbone Chiropractic, LLC and Massage Therapy

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Office hours: Mon. – Fri. 11:00 am – 6:00 pm ■ Saturday by appointment only

Pot Belly in Midlife is Linked to Dementia

People with a large pot belly in midlife are at increased risk for dementia in their later years, according to a new study, and the bigger the belly the higher the risk. It is well known that fat around the waist, even in people who are not overweight, is a significant risk factor for cardiovascular disease and diabetes, but this is the first finding of an association with dementia. The study which appeared online in *Neurology*, measured the sagittal abdominal diameter, or S.A.D. (in layman's terms, how far the belly sticks out), of 6,583 men and women in their 40s from 1964-1973, then looked

at their records an average of 36 years later, when they found 1,049 dementia cases. Compared with those in the lowest one-fifth in S.A.D. (those with the smallest bellies), those in the highest one-fifth (those with the biggest bellies) were almost three times as likely to have dementia. Even those with normal weight and a S.A.D. above 9.8 inches (which compares to a 40 inch waist) were almost twice as likely to be demented as those with the smallest bellies. And the association held, even after controlling for high blood pressure, diabetes, high cholesterol and other variables.

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trends for either married or single people. But marital satisfaction was significantly associated with satisfaction with life, lower stress, less depression and lower waking blood pressure.

What is the take home message? Just being married isn't always helpful because you can potentially be worse off in an unhappy marriage. So choose wisely.



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