

November 2019

# MOVEMBER



CHANGE THE FACE OF MEN'S HEALTH

As most of you will know the month of November is a time to make people aware of men's health and help prevent men dying young from prostate cancer, testicular cancer and mental health.



Most of you will also know that the typical way to raise awareness is for men to grow a moustache. If you are joining in, please let your chiropractor know and have your photo taken.



PROSTATE  
CANCER  
AWARENESS

## NOTICE BOARD

The new dates are out for our health workshops. This is a great opportunity to learn how chiropractic care can help you **GET WELL** and **STAY WELL**. You will have the opportunity to ask any questions you may have and how we work at Oldham Chiropractic Clinic to help you achieve your best results for both new and existing guests.

- Saturday 16<sup>th</sup> November (13:00)
- Wednesday 20<sup>th</sup> October (19:00)
- Saturday 30<sup>th</sup> November (13:00)

## PRODUCT OF THE MONTH

### OMEGA 3 NORDIC OIL

Omega 3 fatty acids are found in very few foods and cannot be naturally produced by your body. If you don't eat a lot of fish, there is a high probability that you are not getting the omega 3s your body needs. Nordic Oil lowers the amount of fat in your blood, reducing your risk of heart disease. They also help with joint stiffness and pain associated with rheumatoid arthritis.



## TEAM MEMBER OF THE MONTH



### Ciara

Ciara has gone above and beyond last month, assisting her team with chiropractic knowledge and focusing on helping the clinic be visible to others.

Well done Ciara

At Oldham Chiropractic Clinic we like to keep our guests well informed and love sharing some tips in the hope to keep you healthy. As it is Movember we decided to share some interesting research with you.

Did you know that vitamin D holds promise to prevent (Many) cancers?

Colon. Ovarian. Endometrial. Prostate. Breast. Do you know what they have in common? They are all at risk to cancer, and vitamin D levels impact their risks differently.



In December 2016 alone, many articles in a variety of peer-reviewed and well-respected journals were published regarding cancer prevention and vitamin D.

We found this interesting and worthy of more consideration.

One article points to the likely reason for all this attention on vitamin D: being deficient in vitamin D is related to increased risk of cancer, autoimmune disease, inflammation, infection, cardiovascular disease and metabolic disease and bone and mineral disorders.

The vitamin D receptor keeps the intestinal system in balance and protects against inflammatory bowel disease and colorectal cancer. Vitamin D is a wonder our chiropractic patients need to check out.

More specifically, vitamin D appears to reduce the risk of cancer. In the world of breast cancer, triple-negative breast cancer is one of the least responsive to treatment types with a high rate of relapse.

Early prevention of this cancer is important, and vitamin D compounds are reported to be potential preventive agents to inhibit this form of breast cancer by regulating the cancer stem cells and differentiation.

However, an adequate vitamin D level, as good as it is in preventing cancers and hypertension and osteoporosis for women, doesn't appear to be as effective for ovarian and endometrial cancers. Chiropractic Care encourages our female patients to study their overall lifestyle approach which can include vitamin D supplementation to keep their cancer risk as low as possible.

Chiropractic Care views keeping the cancer risk low overall and the risk of more aggressive forms down as quite important when caring for our chiropractic patients' overall health.

Vitamin D appears to be preventive of more advanced or aggressive forms of cancer. Vitamin D3 supplementation taken in hopes of preventing advanced colorectal adenomas varies by vitamin D receptor genotype in one study.

Risk was reduced by 64% in AA genotype persons (26% of study participants) and by 41% in persons with 1 or 2 G alleles (74% of study participants). The effect of Vitamin D3 supplementation on overall adenoma risk is not presented in this study.

Further, aggressive prostate cancer risk is high in African American men. Researchers suggest that may be due to low levels of serum vitamin D as their study found that vitamin D deficiency significantly increased the risk of aggressive prostate cancer disease.

They also advise future study of genetics to figure out this puzzling statistic. Chiropractic Care notes that every research finding leads to another question to keep the scientists busy but rest assured that our chiropractors are keeping up with the best evidence practice so feel free to ask any questions you may have.

