

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Bradley J. Weiss

“Men of genius do not excel in any profession because they labor in it, but they labor in it because they excel.” ~ *William Hazlett*

What Causes Fatigue and Exhaustion?

Are You Tired All Day But Can't Sleep At Night?



Plus:

- ✓ The Vicious Cycle Of Exhaustion and How To Beat It!
- ✓ Research: Lie Less And Live A Healthier Life!
- ✓ Want To Reduce Stress? Try This...
- ✓ At Risk For Kidney Stones? Don't Drink This...
- ✓ Do You Love Your Dog? If You Do, Then You Don't Want To Miss What This Dog Lover Does For His 19 Year Old, Adopted Pooch!

Natick – Are you tired during the day, but then can't fall asleep at night? Do you lay awake in bed, staring at the ceiling, wondering why you were falling asleep at work? Do you wake up more tired than when you went to sleep? How about this one...

Do You Look At The Clock And Calculate How Many Hours Of Sleep You Could Get If You Fell Asleep Right Now?

If you do, you are not alone. According to the Centers for Disease Control and Prevention (CDC), *“Insufficient sleep is a public epidemic. An estimated 50-70 million U.S. adults have sleep or wakefulness disorder.”*

The CDC recommends school-age children (5-10 years) sleep 10-11 hours, teens (10-17 years) sleep 8.5-9.5 hours, and adults sleep 7-9 hours per night.

Of course, everyone is individual. Some people need more sleep, and others need less sleep.

One thing is certain: If you are not getting the proper amount of sleep you need, there are health risks.

Barring a health condition that may cause an inability to sleep, stress may be the biggest cause of insomnia.

Insomnia is a sleep disorder that is characterized by difficulty falling and/or staying asleep. People with insomnia have one or more of the following symptoms: Difficulty falling asleep, waking up often during the night and having trouble going back to sleep, waking up too early in the morning, and feeling tired upon waking.

Some of the consequences of insomnia are: Sleepiness during the day, general tiredness, irritability, and problems with concentration and or memory.

You May Suffer From “Adrenal Fatigue”

According to Dr. James Wilson, author of the book Adrenal Fatigue: 21st Century Syndrome, 80

percent of people will suffer adrenal fatigue at some point in their lives.

Adrenal glands help your body handle and deal with stress. The more stress you experience, the more your adrenal glands have to work. There is a point when the adrenal glands become over-worked. When this happens, it is VERY bad for you and your health.

This is a condition called, "Adrenal fatigue." The adrenal glands secrete cortisol, a powerful hormone that is responsible for gluconeogenesis and activating anti-stress and anti-inflammatory pathways. Cortisol prevents the release of substances in the body that cause inflammation.

Small increases of cortisol have some positive effects including a quick burst of energy for survival reasons, heightened memory functions, a burst of increased immunity, lower sensitivity to pain, and it also helps maintain homeostasis in the body.

But, it is important for the body to have a decreased or "no stress" period so its functions can return to normal.

When constant stress is present, high cortisol levels remain in the blood stream.

This causes all kinds of health problems including: Impaired cognitive performance, suppressed thyroid function, blood sugar imbalances such as hyperglycemia, decreased bone density, decrease in muscle tissue, higher blood pressure, lowered immunity and inflammatory responses in the body, slowed wound healing, and increased abdominal fat (which is associated with a greater amount of health problems than fat deposited in other areas of the body).

Some of the health problems associated with increased stomach fat include: heart attack, stroke, metabolic syndrome, increased "bad" cholesterol (LDL), and decreased "good" cholesterol (HDL).

In other words, it is VERY bad. But things can get worse...

If the overload of stress continues, the adrenals become exhausted and actually become resistant to the stress. This can result in hemorrhaged adrenal glands, high insulin levels, atrophied thymus glands, biochemically devastated bodies, a total collapse of body function, or a collapse of specific organs or systems.

Obviously, this is no laughing matter.

STRESS KILLS

So what can you do? Stress reduction is a must, and since it is virtually impossible to eliminate all stress from your life, you should take measures to minimize it and re-charge your body.

There are several great ways to reduce stress, such as yoga.

Here are the results from a recent study, according to *Science Daily*: *The participants were randomized into two groups. The meditation group was taught the 12-minute yogic practice that included Kirtan Kriya, which was performed every day at the same time for 8 weeks. The other group was asked to relax in a quiet place with their eyes closed while listening to instrumental music on a relaxation CD, also for 12 minutes daily for 8 weeks. Blood samples were taken at the beginning of the study and again at the end of the 8 weeks.*

"The goal of the study was to determine if meditation might alter the activity of inflammatory and antiviral proteins that shape immune cell gene expression," said Lavretsky. "Our analysis showed a reduced activity of those proteins linked directly to increased inflammation."

In other words, this form of yoga practiced 12 minutes a day, everyday for 8 weeks, seemed to reduce harmful stress (a very good result).

Now, check this out... Recent research also shows that telling fewer lies can lead to a healthier life.

In a study, researchers used 110 males and females, between 18 and 71 years old. Fifty-five were told to stop lying completely for 10 weeks and the other half were given no special instructions about lying. They went to a laboratory each week to complete health and relationship questionnaires and to take a polygraph test assessing the number of major and minor lies they had told that week.

According to researchers, the group who stopped lying complained less of headaches, sore throats, tenseness, anxiety and other problems than those who were given no instructions. Results also showed that the non-lying participants had improved close personal relationships and smoother social interactions.

The research has not been published in a peer-reviewed journal, but was presented at the American Psychological Association's annual meeting.

Researchers also mentioned that lying can cause a great deal of internal stress.

And remember, if you ever have any questions or concerns about your health, talk to us. PLEASE contact us with your questions. We are here to help and enjoy participating in your life long good health.

ALWAYS WEAR A HELMET!!!

I feel incredibly fortunate at the overall outcome from my recent crash at the Charles River Wheelmen Century (100 mile bike ride) this past Sunday. I met Brett Rutledge in Littleton for a beautiful fall century that traveled the back roads of New Hampshire. We started close to 8 am at a brisk and steady pace, and spent the first 60 miles passing other riders that started earlier than us. We were descending the final big climb at about the 65 mile mark and we came upon a guy riding very “squirrely” on the right side of the road. We yelled “On your left” as we passed at 35-40 mph, and just as I was passing him, the cyclist panicked and turned 90 degrees left... right in front of me.

I hit him square in the hips with my left shoulder, then catapulted over him and landed on my head, and neck. I guess I was out cold for a bit, but when I got up I noticed my left shoulder was dislocated posteriorly, and while I was asking the guy what the *&^% he was doing swerving like that my shoulder popped back in place. I knew my thoracic vertebrae (T-4-T8) were crunched, and that my ribs were a mess, but had no idea I had broken my neck (C-6 and C-7). The EMTs strapped me to a back board and rushed me to the closest hospital (St. Joseph’s Trauma Center in Nashua, NH).

I had excellent care the whole time there. My CAT scan and X-rays revealed: Fractures to my neck (C-6 and C-7); Thoracic fractures at (T-4 through T8); Fractured ribs 1,3,5,7 and 8 on left and rib 2 in 3 places on the right; left lung bruise; a dislocated left shoulder at the humeral head; an avulsion fracture of left wrist at the styloid process of ulna; and a severe concussion. They released me from the hospital in 2 days!!! I believe they let me go home so soon because I was able to forego the narcotic pain-relievers and I was up walking.

Amazingly there was NO BRAIN DAMAGE OR SPINAL CORD INJURY!!! THANK GOD!!!

Thank you to all the MRCers (Minuteman Road Club) here in Massachusetts, and to my other cycling friends from South Carolina, your good wishes are doing wonders for my mind set right now. A special thanks goes out to my wife Clair for putting up with another “horrific” crash, and my Dad (a retired physician) for flying up here to visit from Florida... Thank you to my new co-workers and new patients at Performance Health Center... Thank you all!

I believe this experience will allow me to be an even better doctor, as I am learning first-hand the significance and experiences of a neck and spine injury. The human body is capable of amazing things. I believe that with the right attitude, excellent health-care, and proper nutrition we can recover from many seemingly insurmountable obstacles.

My goal is to get back to Performance Health Center ASAP so that I can continue to help as many people as possible get out of pain and to help them reach their optimal health.

PLEASE, PLEASE ALWAYS WEAR A HELMET, mine was completely split and crushed on the inside, and it no doubt saved my life!

Happy and Healthy wishes to you all, Dr. Thomas C. Ball

Did You Know?...

8 Interesting Facts About Dreams

Dreaming is one of the most mysterious and interesting experiences in our lives. During the Roman era, some dreams were even submitted to the Roman Senate for analysis and dream interpretation. They were thought to be messages from the gods. Dream interpreters even accompanied military leaders into battles and campaigns! But, what do we actually know about dreams? Here are a few interesting facts about dreams:

1. Within 5 minutes of waking, half of your dream is forgotten. Within 10 minutes, 90% is gone.
2. Every human being dreams (except in cases of extreme psychological disorders).
3. In our dreams, we only see faces that we already know. Our mind does not invent faces. We see real faces of real people whom we have seen during our lifetime but may not know or remember. We have all seen hundreds of thousands of faces throughout our lives, so we have an endless supply of characters for our brain to utilize during our dreams.
4. The most common emotion experienced in dreams is anxiety. Negative emotions are more common than positive ones.
5. You can have four to seven dreams in one night.
6. Animals dream too. Studies done on many different animals show the same brain waves during dreaming sleep as humans. Watch a dog sleep. Their paws move like they are running and they make yipping sounds as if they are chasing something.
7. Rapid eye movement (REM) sleep is a normal stage of sleep characterized by rapid movements of the eyes. REM sleep in adult humans typically occupies 20-25% of total sleep, or about 90-120 minutes of a night's sleep. During REM sleep, the body is paralyzed by a mechanism in the brain in order to prevent the movements which occur in the dream from causing the physical body to move. However, it is possible for this mechanism to be triggered before, during, or after normal sleep while the brain awakens.
8. Dream Incorporation. Our mind interprets the external stimuli that our senses are bombarded with while we are asleep and makes them part of our dreams.

Tip Of The Month

At Risk For Kidney Stones? Don't Drink This...

According to Loyola University Health System, do NOT drink iced tea if you have a history of kidney stones. Iced tea contains high concentrations of oxalate, one of the key chemicals that lead to the formation of kidney stones, a common disorder of the urinary tract that affects about 10 percent of the population in the United States.

Though hot tea also contains oxalate, it isn't as easy to consume a quantity large enough amount to encourage the formation of stones. "For many people, iced tea is potentially one of the worst things they can drink," said Dr. John Milner, Assistant Professor, Department of Urology, Loyola University Chicago Stritch School of Medicine, Maywood, IL. "For people who have a tendency to form kidney stones, it's definitely one of the worst things you can drink."

What should you drink to stay properly hydrated? WATER. ☺

9th Annual GFRC Busa Bushwhack Trail Race

Help Rich celebrate his 83rd Birthday on Sunday, October 28, 2012

register online (\$20)  **10 or 5.3 Miles. Check-in 8:00-8:45am | Start: 9:00 am**
Park & Start at Brophy School, 575 Pleasant Street (Route 30), Framingham MA 01701.

The Busa Bushwhack is PROUDLY Sponsored by Performance Health Center