



# February Newsletter

February 2021

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## February



Heart Health Month

## Accelerated Health & Wellness Centre

### Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

### Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy

## February is Heart Health Month

### Interesting Heart facts:

\*The average human heart weighs between 6 and 11 ounces. The muscle is strong enough to pump up to 2,000 gallons — as much as a fire department's tanker truck — of blood through one's body every day.

\*The average heart beats between 60 and 90 times per minute, but this depends on a person's cardiovascular health and activity level. The more physically fit people are, the lower their resting heart rates will be.

\*Hormones released because of emotions and other stimuli affect the heart rate, which is why the heart was historically associated with emotions.

\*The heart can continue beating even when it's disconnected from the body

\*The iconic heart shape as a symbol of love is traditionally thought to come from the silphium plant, which was used as an ancient form of

### Ways to fight against Heart disease?

\*Exercise. That is, focus on *your* middle!. Research in the [Journal of the American College of Cardiology](#) has linked excess belly fat to higher blood pressure and unhealthy blood lipid levels. If you're carrying extra fat around your middle, eating fewer calories and exercising more can make a big difference.

\*Laughter! Don't just LOL in emails or Facebook posts. Laugh out loud in your daily life.. According to the [AHA](#), research suggests laughing can lower stress hormones, decrease inflammation in your arteries, and raise your levels of high-density lipoprotein (HDL), also known as "good cholesterol."

lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression
- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy
- Nutritional Counseling

# FACTS ABOUT HEART DISEASE

**HEART DISEASE:** Includes any **DISORDER** of the **HEART** and affects **MILLIONS** of Americans **EVERY YEAR**.

**EARLY ACTION:** Knowing the **WARNING** signs and **SYMPTOMS** of a **HEART ATTACK** is **KEY** to **PREVENTING** death.

Every 34 seconds in the U.S., someone has a heart attack

Heart disease is the leading cause of death for men AND women; deaths are split evenly by gender

Every minute, someone dies from heart disease

About 79 million Americans have some form of cardiovascular disease

Chest pain or discomfort

Upper body pain or discomfort in the arms, back, neck, jaw or upper stomach

Shortness of breath

Nausea, lightheadedness or cold sweats

## AMERICANS AT RISK

HIGH BLOOD PRESSURE

DIABETES


POOR DIET

HIGH CHOLESTEROL

OVER-WEIGHT OR OBESE

PHYSICAL INACTIVITY

EXCESSIVE ALCOHOL USE




## PROTECT YOUR HEART

EAT A HEALTHY DIET


TAKE A BRISK 10-MINUTE WALK 5 TIMES A DAY

DON'T SMOKE


## SUPPLEMENT YOUR DIET




Omega-3 supplementation shown to reduce systolic and diastolic blood pressure  
*[Source: Centers for Disease Control and Prevention, Journal of Nutrition]*



Omega-3 supplementation can reduce triglyceride levels by as much as 30%



Increased DHA in older adults reduces risk of coronary heart disease death by 40%  
*[Source: Annals of Internal Medicine]*



Sytrinol® has been shown to significantly decrease LDL (bad) cholesterol and triglyceride levels

1. Murphy SL, Xu JQ, Kochanek KD. Deaths: Final data for 2010. Natl Vital Stat Rep. 2013;61(14).http://www.cdc.gov/hchs/data/nvsr/nvsr61/nvsr61\_14\_4.pdf[PDF-3M]  
2. Go AS, Mozaffarian D, Roger VL, Benjamin EJ, Berry JD, Baha M, et al. Heart disease and stroke statistics—2014 update: a report from the American Heart Association. Circulation. 2014; 129:535-629.  
3. Heidebreich PA, Trogdon JG, Khajou DA, et al. Forecasting the future of cardiovascular disease in the United States: a policy statement from the American Heart Association. Circulation. 2011;123:933-44. Epub 2011 Jan 24.  
4. Heron M. Deaths: Leading causes for 2008. [PDF-2.7M] National vital statistics reports. 2012;65(6).  
5. CDC. Disparities in Adult Awareness of Heart Attack Warning Signs and Symptoms—14 States, 2005. MMWR. 2008;57(7):175-179.  
6. Centers for Disease Control and Prevention. State Specific Mortality from Sudden Cardiac Death: United States, 1999. MMWR. 2002;51(6):123-126.  
7. CDC. Million Hearts: strategies to reduce the prevalence of leading cardiovascular disease risk factors. United States, 2011. MMWR. 2011;60(58):1248-51.

The clinic will be **CLOSED** on February 15<sup>th</sup> 2021 for Family Day. We hope you all enjoy this day with your loved ones.

# February 15th Family day

We are happy to announce that Accelerated Health and Wellness is now set up for Text messaging. Please make sure to provide your mobile number with the receptionists to start receiving appointment reminders, birthday wishes and more!

Text reminders:  
fewer no-shows



## **Coronavirus update;**

We are currently in the grey zone lockdown; however this has not affected our clinic. We are still available to treat you. Please do not arrive any earlier than 5 minutes before your appointment time. Our waiting room and gym are currently closed to help reduce the spread of COVID-19.

**Please be aware there are several new safety measures in effect.**

Please sanitize your hands upon arrival; the administrator will direct you to the room. ( newly installed plexi glass is at the admin desk – we appreciate payment via card). You will be asked to complete a COVID-19 questionnaire. If you have answered YES to any of these questions, we unfortunately will have to turn you away for treatment at this time. We are doing our absolute best in keeping our staff and patients safe.

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

*Thank you for taking the times to read our Newsletter.*

*As always, Go in Good Health!*

**Contact Us:**

**Accelerated Health &  
Wellness Centre**

**130 Hwy 20 East , Unit A3**

**Fonthill Ont**

**L0S1E6**

**Office Phone (289)897-9099**

**[www.acceleratedhealthcentre.com](http://www.acceleratedhealthcentre.com)**

**[info@acceleratedhealthcentre.com](mailto:info@acceleratedhealthcentre.com)**

