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## September World Alzheimer's Month

### Remember Me



### What is Alzheimer's

Alzheimer's disease is irreversible and destroys brain cells, causing thinking ability and memory to deteriorate. Alzheimer's is not a normal part of aging; however, age is the strongest known risk factor.

One in 20 Canadians over age 65 has Alzheimer's disease. Women have a higher risk of developing Alzheimer's. It is believed this is due to women living longer than men and changes in estrogen levels over a lifetime.

Alzheimer's disease is a fatal disease that eventually affects all aspects of a person's life: how they think, feel and act.

The following are some of the changes you may expect to see as the disease progresses.

1. **Cognitive and functional abilities:** a person's ability to understand, think remember and communicate will be affected. At times people will be unable to remember what they were doing or why. They will begin to experience confusion and memory loss.
2. **Emotions and moods:** a person will appear apathetic and lose interest in hobbies or activities they once enjoyed. They may become withdrawn and less expressive.
3. **Behaviour:** a person may become aggressive and have physical outbursts. They may seem restless or may begin to repeat certain

# 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

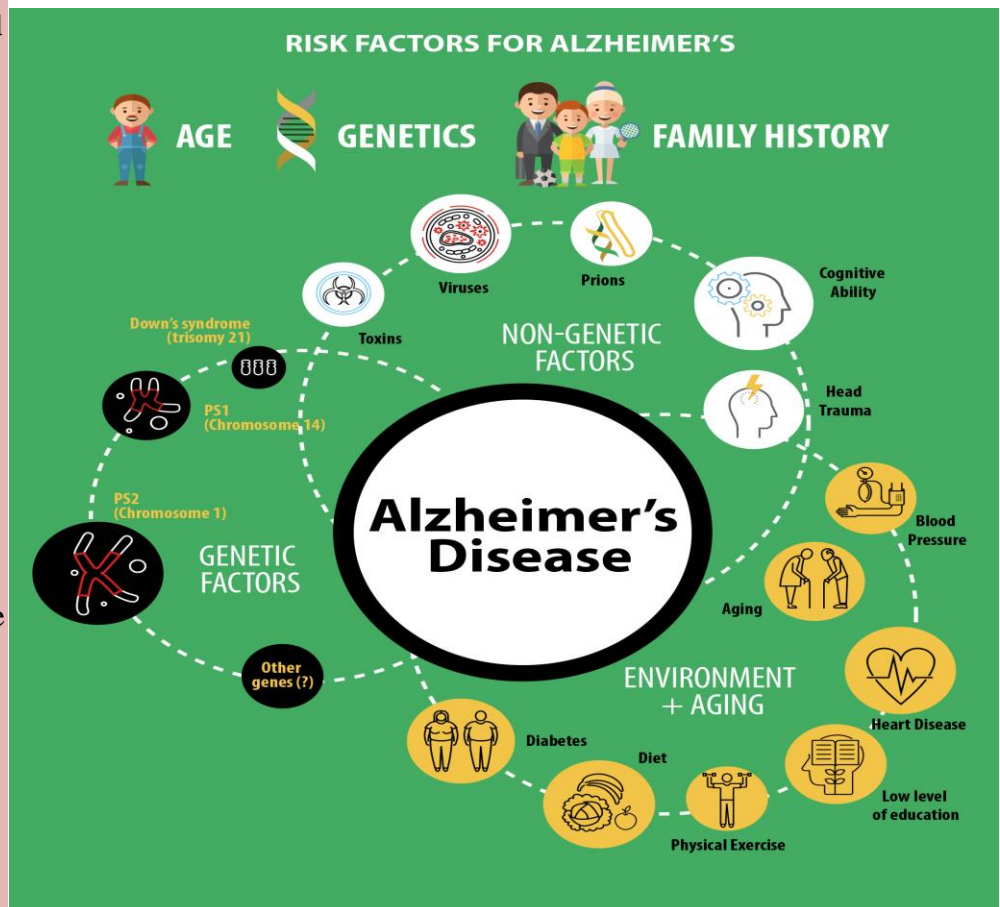
During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (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

actions or words.

4. **Physical abilities:** the disease can start to affect a person's coordination and mobility. This affects their ability in performing day-to-day tasks such as bathing, eating or getting dressed.



## Risk Factors

Risk factors are characteristics of your lifestyle, environment and genetic background that increase your likelihood of getting a disease. Risk factors are *not causes of disease* on their own. Instead they represent an increased chance that a disease will develop.

## Risk Factors that you can change

1. Depression
2. Diabetes
3. Head Injuries
4. High alcohol consumption
5. Obesity and lack of physical activity
6. Smoking

There is currently no cure for Alzheimer's disease, nor is there a treatment that will stop the progression. There are several medications that can be taken to help with some of the symptoms.

If you or someone you love is concerned they may be in the early stages of Alzheimer's, contact the Alzheimer Society for support.

### **Alzheimer Society of Ontario**

20 Eglinton Ave. W., 16<sup>th</sup> floor

Toronto, ON M4R 1K8

*Tel:* (416) 967-5900

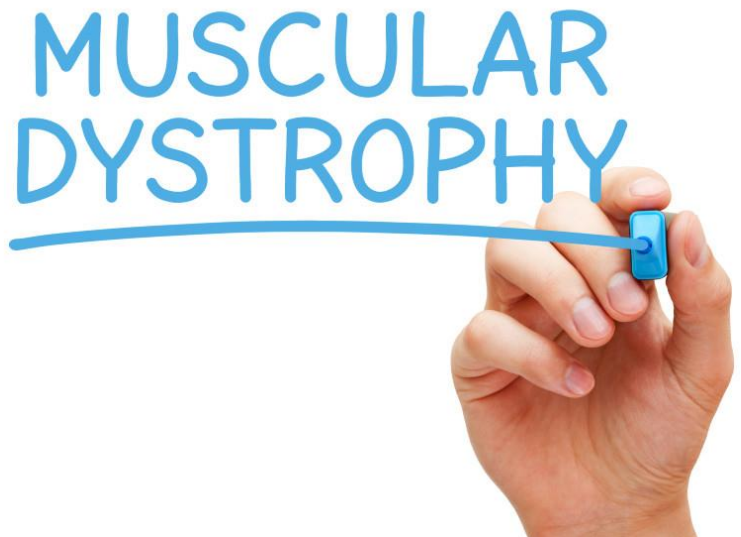
*Toll-free:* 1-800-879-4226 (Ontario only)

*Fax:* 416-967-3826

*E-mail:* [staff@alzheimeront.org](mailto:staff@alzheimeront.org)

*Web:* [www.alzheimer.ca/on](http://www.alzheimer.ca/on)

[Find your local Ontario Society](#)



## **What is Muscular Dystrophy?**

Muscular dystrophy is a term that refers to a number of diseases that cause progressive loss of muscle mass resulting in weakness and sometimes loss of mobility.

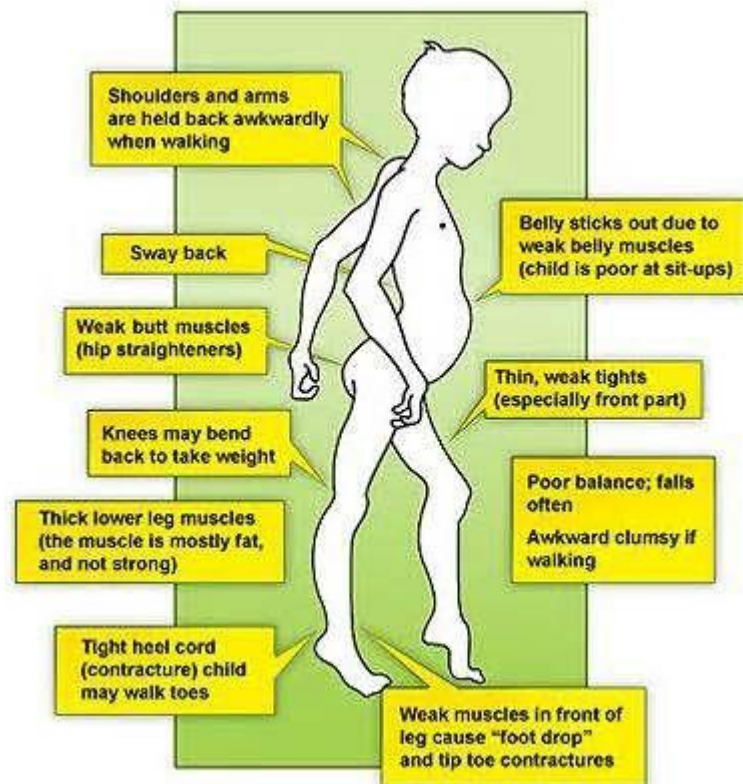
There are many different kinds of muscular dystrophy, each affecting different groups of muscle. In some cases, it begins in childhood, in others symptoms won't occur until adulthood.

Depending on the type, muscular dystrophy may involve intellectual disabilities, learning disabilities, eye defects or seizures.

Other complications can include:

- Contractures, which is the shortening of muscles or tendons around joints-limits mobility.

- Scoliosis, a curvature in the spine-weakened muscles might be unable to hold the spine straight.
- Heart problems-muscular dystrophy can reduce the efficiency of the heart muscle.
- Breathing problems-People with muscular dystrophy might eventually need to use a breathing device (ventilator).
- Swallowing problems-if muscles involved with swallowing are affected, nutritional problems and aspiration pneumonia can develop. Feeding tubes might be an option.



The most common form of Muscular Dystrophy is **Duchenne**. It is much more common in boys than girls.

Signs and Symptoms typically appear in early childhood and may include the following:

- Frequent falls
- Difficulty rising from a lying or sitting position
- Trouble running and jumping
- Walking on toes

- Large calf muscles
- Learning disabilities
- Delayed growth

There is currently no cure for muscular dystrophy, but treatments can help manage the symptoms and slow the progression.

## Coronavirus update;

We welcome you back! We are now open to help you with your Physiotherapy Chiropractic and Massage needs. Slowly but surely as restrictions are lifted we will be able to offer you more of our Clinics services.

**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 – please pay by card)

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!*

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