



# head to toe healthcare winter newsletter

Well it is officially cold. The temperature, or lack of it, has certainly been the hot, or not so hot, topic of the month. Is it just us or does it seem to get a little colder every year? Hopefully with cold comes rain, so fingers crossed, otherwise we may be all moving interstate.

We would just like to take the opportunity to say thank you for all your support through the year so far and we hope that all those students out there have had a successful first round of exams.

## Focus of the month – Arthritis

Many people diagnosed with arthritis have osteoarthritis (OA). There are over 100 varieties of arthritis that affect children and adults. 18.5% of the population currently suffers with some form of arthritis and it is Australia's major cause of disability and pain. However, you don't have to become one of the statistics. There are many things you can do now to minimise the impact of joint wear and tear, both for those with pain and also those without. Keep reading to find out more.

There are many varieties of arthritis but OA is certainly the most common. It is associated with the wear and tear process on the joint cartilage. Due to a number of reasons this process occurs at different rates in each of us, however we all experience some level of joint degenerative change over our lifetime and we all have different symptoms associated with these changes. People may experience no discomfort at all or some may be quite debilitated with joint stiffness and pain.

Have we already said it's cold? Many people suffering with arthritis will tell you that their pain becomes worse in the colder weather. Although we aren't quite sure why this is, there are a number of reasons we suspect they experience this, including:

- A sensitisation of the nerve receptors around the joint which make the patient more sensitive to pain. Changes in barometric pressure may distend the joint and create pain. Ever heard someone with arthritis claim they could tell when the rain was coming? It is believed up to 70% of people with arthritis are sensitive to weather changes.
- People are less active in winter which can have a two fold effect – joints aren't kept moving which causes them to become stiff and sore, and people may

put on weight which places even more stress on the joints.

There is no cure, but movement and exercise from the most integral part of ones management of such a condition. So what else can we do:

- Empower yourself with information regarding your condition. Arthritis Australia is a great place to start for information and support. Located at <http://www.arthritisaustralia.com.au>
- See your doctor regarding the latest medical management of your condition. Left untreated some arthritis symptoms may become worse.
- See your osteopath, massage/myotherapist or physiotherapist. All the practitioners are trained to deal with the symptoms of arthritis. We can assist in relieving joint pain and stiffness and help you develop an exercise plan to get moving again.
- With chronic conditions, such as arthritis, you may be eligible for the **Enhanced Primary Care** program which provides up to 5 treatments at Head to Toe subsidised by **Medicare** (\$48.95 per treatment). Speak to us or your GP regarding your eligibility for this program.
- Exercise, exercise, exercise. The old saying of **move it or lose it** couldn't be truer. Cartilage has no blood supply; hence it relies on the joint fluid for lubrication and its nutrients. Movement stimulates the production of this joint fluid and improves the blood supply around the joint.
- There is some evidence that suggests Glucosamine and Fish Oil may help relieve joint pain and stiffness. Speak to your therapist about the use of these supplements.
- Rug up in the winter months to keep vulnerable joints warm and make sure you keep active.
- Seek a support group through Arthritis Victoria <http://www.arthritisvic.org.au>
- Learn techniques to self-manage your symptoms such as: appropriate exercise, heat or cold application, TENS machine, relaxation, acupuncture
- Speak to us at **Head to Toe**; we are here to help and will provide you with the information you require to manage your condition and its associated concerns.



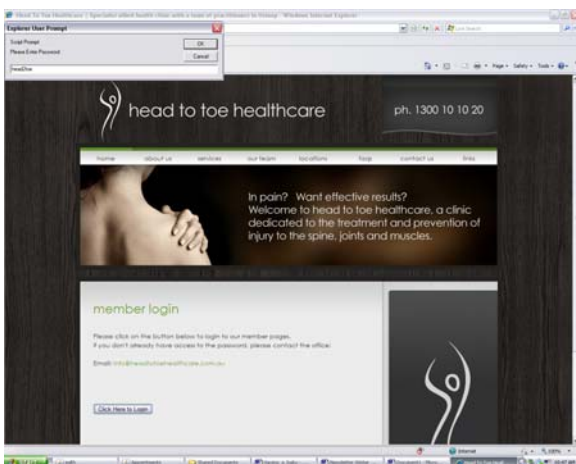
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## What's new this quarter at head to toe?

We are pleased to announce that we finally have our **Members Only** page up and running. If you visit our website located at [www.headtothehealthcare.com.au](http://www.headtothehealthcare.com.au) and scroll down the home page on the right hand side you will see a button that says **member login**. After clicking this, a new page will open and another login button needs to be clicked. You will then require the password to access the page which is in the email you received with this newsletter.

For most users this will be as simple as clicking on the login buttons, however it appears that the security setting on the newer versions of Internet Explorer prevent you accessing this page. You can get around this by holding down the **Ctrl** button on your keyboard when you click the first member login button from the home page. This will open a new page where you will be required to click on the button that says **Click here to login in**. You may get a little warning from Explorer but just click temporarily allow and click the log in button again.

This is a picture of the screen you will encounter and the box in the top left is where you will be required to enter the password to access the members page.



With the launch of our **members page** we have an **incredible offer** which is only available by visiting the members page and downloading the voucher, but this is strictly limited so don't delay.

We appreciate that some of the above information may complicate your access to our members page and we apologise for this.

'keeping you in balance from head to toe'  
ph. 1300 10 10 20

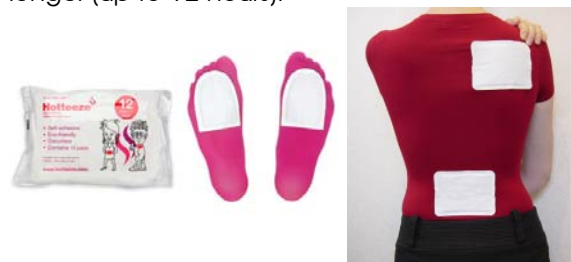
Please don't hesitate to contact us if you are experiencing difficulty. Thank you for your understanding.

## Feature Product

**Hotteeze** stick on **heat pads** are great for the temporary relief of muscular aches and pains, period pain, or anytime you feel the cold. Unlike a wheat bag or hot water bottle which are bulky and visible, Hotteeze are discreet, portable and last a lot longer. We have large rectangular pads and also pads designed to slip into your shoes to keep your feet toasty warm. These pads can provide **heat for up to 12 hours**.

They are designed to be positioned on the outside of under garments where heat is required. Typical applications might be to your lower back or abdomen. The gentle adhesive will help keep them in position. They can also be used to keep your hands warm by leaving the adhesive cover in place and slipping them into your pockets (attention outdoor workers & golfers).

Each Hotteeze pack contains iron powder and once opened, the iron ingredient oxidizes with the air creating heat, making Hotteeze the ultimate in comforting warmth. This simple reaction involves no electrical sources, batteries, burning, flames or toxic chemicals. The ingredients are completely natural, non-toxic, biodegradable and safe. Unlike capsicum based products like the ABC plaster, Hotteeze won't cause allergic reactions and last a lot longer (up to 12 hours).



**Heat Pads:** \$3.50 each

**Foot Pads:** \$3 a pair

## Healthy Living Tip for Winter 2009

Just because it's cold, don't stop exercising.

*"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."*

**Plato**

[www.headtothehealthcare.com.au](http://www.headtothehealthcare.com.au)  
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