



Creating Health

Providing knowledge to help you take control of your health and feel better

Brought to you by

Wilmington Clinic

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Dr. Fiscella has been in practice for over 35 years and holds the following certifications and licenses:

- Board Certified
Chiropractic
Orthopedist
- Certified Acupressure/
Nimmo Technique
Instructor
- Graston Technique®
Certified
- Licensed
Acupuncturist
- Certified EndoNasal
Instructor

Services Provided

- Myofascial Release
- Trigger Point Therapy
- Graston Technique
- Acupuncture
- Acupressure
- Orthotics
- Nutritional Counseling
- Spinal Decompression
- Sports Rehabilitation
- EndoNasal Technique

We are participating providers for many HMO's and PPO's.

Is Knee Surgery the Answer?

You hear about so many people today having knee surgery after suffering through years of chronic pain due to sports injuries or osteoarthritis. Despite trying various remedies, the pain often worsens to the point where the doctor indicates that a surgical solution is the only answer. But is it?

Interesting story

A study* was conducted involving 180 patients, divided into three groups, who were told they required arthroscopic surgery on a knee to relieve pain and stiffness due to osteoarthritis. Arthroscopic surgery involves an incision into the knee to remove worn cartilage. The first group had surgery called arthroscopic debridement, which removes worn or loose cartilage. The second group had arthroscopic lavage, which flushes painful debris and inflammatory enzymes out from the knee. The third group was all prepped and an incision into the knee was made, but no cartilage was removed (placebo surgery).



All three groups were followed and assessed at regular intervals over the next two years and at the end of that time, all groups reported "equal degrees of reduction in pain and increase in activity level." **Those who thought they received surgery but didn't, improved as much as those who did.** Yet, more than 650,000 of these same procedures are performed each year and, sometimes, healthy cartilage is removed with the worn cartilage, causing even further damage to the patient.

Is there an alternative? Yes there is!

While surgery may be an option, it should be the last resort. Chiropractic care is a non-invasive alternative to drugs and surgery for the type of knee pain cause by osteoarthritis. Knee pain is a complex problem with many causes that include muscular, tendon, ligament and joint imbalances. With a multiple approach that may include acupressure/ acupuncture, trigger point, Graston, electrical stimulation, cold-Laser, and knee specific exercise, many knee conditions including but not limited to arthritic, sprains, strains, and over-use syndromes can be successfully treated without more invasive procedures such as surgery and long-term use of medications.

*A controlled trial of arthroscopic surgery for osteoarthritis of the knee. N Engl J Med. 2002 Jul 11;347(2): 81-8

Fevers are a Good Sign!

Most of us have been brought up to see a child's fever as a sign of sickness when really it's a sign that you are well! Huh?

Yes, it's true. A fever is a sign that your body is working the way it was designed. Your body has the innate wisdom to raise its temperature in response to a foreign body – a virus or bacteria – that needs to be destroyed.

Often, people give some type of fever reducer to bring the fever down. But now many doctor's recommend "waiting and watching" rather than automatically giving medicines. In the medical literature they refer to it as "waitful watching".

Childhood fevers, and the infections that cause them, play a valuable role in strengthening your child's immune system, making it stronger to resist future infections.

Moreover, when you give fever-reducing medications to a child, you're overriding the intelligence of the body. This may actually prolong the length of the illness! Additionally, your child's immune system may miss the opportunity to become resistant to the virus or bacteria that caused the infection in the first place!

So, when your child gets a fever, remember that fever is the body's innate immune response. Instead of seeing it as something to be feared or eliminated, view it as a welcome response that signals that your child's immune system is functioning properly and getting stronger. Understand too that giving your child acetaminophen, paracetamol or ibuprofen can defeat the intended purpose of the fever. Relax, knowing that a fever is dangerous only in rare instances. When excessive or long in duration, it may indicate a more serious problem. If in doubt, or if your child is under 12 months of age, consult a medical practitioner.



Regular chiropractic care can help to keep your child's immune system functioning properly. Many parents bring their children to my practice to not only get well, but to stay well. In fact, parents often report that when their children receive routine chiropractic care, they tend to be sick less often and for a far shorter period than their peers.

Cleansing and Weight Loss Programs Available

At Wilmington Clinic, we are all about health and wellness, and especially the re-education of our patients into a LIFESTYLE change - not just a temporary "diet". We offer various programs to help you transition to your wellness journey, with permanent results and rewards for the rest of your life. Rewards like vibrant health, freedom from painful symptoms in joints, muscles, headaches, due to toxicity in your body and overweight.

There are several plans from our whole food supplement supplier, Standard Process, which include shakes, supplements, and sensible food portions,



and we are once again able to offer our patients our amazing detox/rapid weight loss, SHAPE ReClaimed.

Patti, in our office, has to date lost 118 pounds on this program and is no longer on ANY medication for high blood pressure, cholesterol, and water retention. So think about using this season of the year, and in your life, to begin your journey to vibrant health and wellness for the rest of your life.

This can be the best gift, and the most productive fall/winter you have ever had. We promise you -- you won't regret it! Call our office today for an appointment.

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www.thewilmingtonclinic.com

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Office Hours:

Mon, Wed, Thurs 11am -6 pm
Tuesday 8-11 am
Friday 6-11 am

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Information is Power!

Empower yourself by learning more about our specific techniques and strategies to maintain optimal health! Tell your friends/family so they can benefit too.

Check out our new informative videos and blog at:
www.thewilmingtonclinic.com

Our intent is to inform, not annoy. If you would like to be removed from our mailing list, please call us.

So What's the Truth About Omega-3 Fats and Calcium Supplements?

If you follow the news, you may have heard about recent research that implies that high levels of omega-3 fats can lead to prostate cancer and that calcium supplements lead to cardiovascular disease in women.

While we can't cover these topics in detail here, we would like to summarize what this really means for you:

First, the calcium supplements that are showing a problem are made from limestone or oyster shells. These are not natural and add stress to the body rather than health. The purpose of taking calcium supplements has been to improve bone density. But, our bone is a living, breathing and highly complex tissue, which requires amino acids, vitamins C and D, magnesium, vitamin K2, regular exercise, and adequate hormone levels to thrive and maintain structural integrity and strength. Calcium alone is never going to be enough to strengthen bones. Try to get your calcium and other nutrients from organic, whole foods and let us help you optimize your digestion so you absorb the nutrients from your food well. If you do supplement, use only **NATURAL**,

**Recent
research is
misleading!**

WHOLE FOOD COMPLEX supplements that the body can recognize as nutrients—like what we carry in our office!

The prostate/omega-3 fatty acid study is so full of flaws it is hard to know where to start! The men with higher levels of prostate cancer had only a very slight elevation in omega-3's. We don't know if they ate horrible diets full of the wrong kinds of fats and we don't know if any of them were actually taking omega-3 supplements. We do know that having cancer can change the body's chemistry and may increase omega-3 levels (the cancer causing the increase in fats rather than the fats causing an increase in cancer). We know that Eskimos who eat HUGE amounts of omega-3s in their diet have very low levels of prostate cancer. We also have decades of research showing health benefits of omega-3s. And, we know that many omega-3 supplements on the market are cheaply processed and toxic. If you are going to supplement with omega-3's, ask us about good, non-toxic products rather than taking something that is potentially a stressor for your body!