

# NIEQUIST CHIROPRACTIC NEWS & VIEWS

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◆ Empowering People to live Healthy Lives ◆

## Balance Disorders and Falls

Niequist  
Chiropractic  
News & Views  
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Activator Methods Int.

More than 1/3 of adults sixty-five and older suffer injuries from falls each year. Many falls are associated with dizziness and balance (disequilibrium) issues. As many as 70% of older adults experience dizziness and it is a common symptom at any age. There are several causes of dizziness. The most common are:

1. Visual (eyes)
2. Vestibular (ears)
3. Somatosensory (receptors in muscles and joints)
4. Other (low blood sugar, low blood pressure, medications, carotid artery stenosis and heart disease, to name some of them)

The issue that gets the most attention when it comes to dizziness is the vestibular system. Inner ear infections, fluid in the ears, and vestibular stones can all cause dizziness and disequilibrium. This, however, is not the most common cause of dizziness. Most cases of dizziness are somatosensory. There are receptors in the muscles and joints that send signals to the brain. These signals tell the brain where body parts are and how to balance and position the body relative to gravity. These sensory receptors are everywhere in the body but are most abundant in the muscles and joints of the upper neck region. This is why subluxations at the level of occiput, 1 or 2C are common causes of dizziness and disequilibrium. Falls are the leading cause of injury deaths among seniors.

### Quiz

**Question:** What are the most common household factors that cause falls?

Answer: Number one cause is throw rugs and the number two cause is poor lighting.

Dan A. Niequist D.C.

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# What's New!

## EHR– Electronic health records

President Obama's Healthcare Bill will have broad and sweeping impact on health care in America. This bill is requiring all health care providers (of all specialties) to begin using electronic records, with penalties for those who don't by 2014. What this means is that your doctor is going to have to gather information, such as diagnosis, PMH past medical history, vitals, list of medications, list of allergies, etc. This information has to be stored electronically and made available to other doctors and to you via Internet or secured fax.

Dr. Niequist plans to have EHR up and running by this fall. **We may need your help.** Some of our patients may need to fill out the **Health History Form** so that we have the needed information for EHR. As soon as this is in place we will show you how you can quickly and easily access your EHR should you have an emergency or need your records for any reason.

**Web Site:** [www.niequistchiropractic.com](http://www.niequistchiropractic.com)

If you haven't been to our web site in a little while, you need to check it out! There is a boat-load of information about health and chiropractic. There is info about our staff and Clinic services. There is an Online Store with patient supplies. You can find articles of interest and a description of the unique benefits of Niequist Chiropractic Clinic. The staff doctors' emergency contact information is also available under the doctor profile page. If you are traveling, moving, or need a chiropractor in another town or state there is a link to find a doctor on the front page of the web site. Check it out!

## Adjustment/Massage Special:

For a limited time Dr Dan is offering a special adjustment followed by a ten minute massage by one of our massage therapists for \$49.00. Call for details.

## Now there are four different ways to contact us!

1. Phone (847-658-8514)
2. Leave a message on the phone answering service after hours and someone will return your call as soon as possible.
3. E-mail ([frontdesk@niequistchiropractic.com](mailto:frontdesk@niequistchiropractic.com))
4. The web site on the "contact us" page, you can leave a message or you can even make your own appointment on-line.

We appreciate our patients and are happy to serve you as best we can.