



Ottawa Integrative Health Centre Inc.

1129 Carling Ave., Ottawa, ON K1Y 4G6 (613)798-1000 www.oihc.ca
New satellite office inside The Ottawa Birth and Wellness Centre - 2260 Walkley Rd. Ottawa

Helping You Achieve Health . . . Naturally!

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Osteopathy For Athletes:

By: *Arianne Gosselin*
Rehabilitative Manual Therapist

Osteopathy is a manual therapy that works with your body's inherent ability to self-heal. When the body's physical structure becomes impaired by injury or repetitive use, this self-healing ability is hindered and the result is pain and/or illness. Osteopathic manipulative treatment can help restore structural imbalances in the



UpComing

Later this month, we bid farewell to Dr Christine Nguyen, ND who has been a part of the OIHC team since 2009. She will be embarking on a 2-year sabbatical with her family and relocating to Delhi, India where she hopes to gain new insights into Ayurvedic medicine, mindfulness, yoga and homeopathy. Dr Christine: "I will miss being a part of such an amazing team of compassionate and competent health care professionals and seeing my patients' lives improving with naturopathic medicine. I look forward to returning in 2 years with a broadened perspective and a new skill set to continue to help my patients here in Ottawa." Dr Christine will be seeing patients at the OIHC until June 22, 2018.

body, which allows you to express your full potential in your athletic performance.

"Manipulation is extremely beneficial to athletes because of the time constraints they have when healing. Osteopathic Manipulative Treatment helps to speed up recovery by restoring function faster."
- Dr. Steven Karageanes, D.O.

At the 2002 Salt Lake City Olympics, Apolo Anton Ohno collided with another racer and got a gash on his leg, requiring stitches. He needed to get better fast because he had another race coming up: the 1500m short track.

The osteopath charged with his care, Lawrence Lavine, D.O., quickly intervened and gave him osteopathic manipulative treatment (OMT) in order to speed his recovery. But the treatment provided was not just to his leg, it was to his entire body.

Dr. Lavine explained it like this: "When I treated Apolo, it was not a matter of dealing with just the leg, it was a matter of going through his entire body and cleaning out every bit of strain pattern. The whole purpose of what we do [as osteopaths] is to restore the health, remove the strain, and let the body heal itself."

After two days of OMT, Apolo was able to get back to training and ultimately win the gold medal in the 1500m short track.

For more information or to make an appointment please call:

(613) 798-1000 or email: info@oihc.ca or visit our website at: www.oihc.ca



Summer Sun Safety

With summer in here, many of us are taking advantage of the nice weather by spending more time outdoors. While increased outdoor activity has been linked to various health benefits, it also means more sun exposure. Getting adequate sun exposure helps us make vitamin D and boosts our mood and energy levels; however, we can easily get too much of a good thing. Excess sun exposure, especially for unprotected skin, can cause sunburn, contribute to premature aging and wrinkling of the skin, and increase our skin cancer risk. The good news is, there is a simple way to protect yourself from the sun's rays: sunscreen. What's not so simple is finding a safe, effective, and non-toxic sunscreen. In this month's newsletter, I'll guide you on what sunscreen ingredients to avoid and how to use sunscreen to maximize its protection and benefits.

How do I choose the correct SPF?

We often assume that SPF 100 offers twice as much protection as SPF 50. In fact, the extra protection is minimal. Properly applied SPF 50 sunscreen blocks 98 percent of sunburn rays whereas SPF 100 blocks 99 percent. When applied correctly, sunscreen with SPF 30 to 50 will offer strong sunburn protection, even for individuals with sensitive skin.

Products with high-SPF often require higher concentrations of sun-filtering chemicals which may pose health risks when they penetrate the skin such as tissue damage, hormone disruption, and allergic skin reactions.

Be sure to choose a sunscreen that is "broad spectrum" or offers protection against both UVA and UVB rays. Most sunscreens offer UVB protection which help prevent sunburn and skin cancer but UVA rays penetrate deeper into the skin damaging DNA and skin cells, promoting aging of the skin and can cause cancer.

How much and how should I apply sunscreen?

Remember to apply at least 2 ounces of lotion (about a shot glass full) and reapply every 2 hours or after swimming or heavy sweating. The sun breaks down the ingredients in sunscreen that protect your skin and even high-SPF lotions need to be reapplied often.

Ingredients to avoid

Ingredients commonly found in sunscreen have been linked to potential health hazards including: skin irritation or allergy, hormone disruption and skin damage.

When choosing a sunscreen, be sure to read the ingredient list to avoid these chemicals:

- Vitamin A/retinyl palmitate/retinol A: they may sound safe because they're vitamin-derived but these ingredients may speed the development of skin tumors and lesions when applied to the skin in the presence of sunlight.
- Oxybenzone (aka methanone, 2-hydroxy 4-methoxydiphenone and benzophenone-3): disrupts the human endocrine (hormonal) system and can pose cardiovascular challenges.
- Benzophenone-3 (B-3): may potentially trigger DNA damage.
- Amino Benzoic Acid (aka para-aminobenzoic acid, PABA, Vitamin Bx or padimate O): may amplify cellular damage.

Practicing Sun Safety

Follow these guidelines to avoid sunburn and reduce your skin cancer risk:

- Do not use sunscreen as a tool to prolong your time in the sun.
- Cover up! Be sure to wear hats, shirts and sunglasses for optimal protection.
- Avoid getting a sunburn.
- Do not use a tanning bed or sunbathe.
- Protect your kids. Childhood sunburns are most damaging so keep your little ones out of the hot sun.
- Pick a "broad spectrum" sunscreen that offers strong UVA protection.
- Optimize your vitamin D level which offers protection against various cancer types and possibly reduces melanoma risk. Commit to getting screened for vitamin D deficiency and ask your naturopathic doctor about taking an optimal dose of vitamin D supplements.
- Examine your skin. Check your skin regularly for new moles that are tender or growing. Ask your primary care doctor how often you should see a dermatologist.

What sunscreen brands are safe?

- Alba Botanica
- Aubrey Organics
- Badger
- Coola
- Green Beaver
- Nature's Gate

For a complete list of the top rated safe sunscreens visit www.EWG.org.

Planning a trip or summer getaway? Ask your Naturopathic Doctor for tips on travel health and what to pack in your first-aid kit so that you'll be ready to address common travel ailments including sunburn, motion sickness, jet-lag, digestive complaints, insect bites, and aches and pain.

Updated from our 2013 summer newsletter.

Contact the OIHC or visit our website for more information.

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