

June Newsletter

ACTIVE Health

Medical . Chiropractic . Physical Therapy .

It's Summer Time!



A Summer Message From

Dr. Marc and Jill

June is here which means it is time for summer vacations, weekends at the beach, BBQ's and Father's Day! This summer seems a lot different. School is over and families are making changes and cancelling all their summer plans. This extra time gives us an opportunity to be grateful for what we have and spend time connecting with our families and friends.

We appreciate all of you!

Stay safe and social distance.

[A Message From The Doctor's Desk](#)

By: Dr. Harvey



[Should Healthy Individuals Take Aspirin?](#)

This is a medication I see quite often on intake forms and it's with a lot of healthy individuals. It has been a medical suggestion for years that individuals take a baby aspirin a day to prevent the risk of cardiovascular disease. Well not so fast!! In fact, the new studies are showing that the consistent use of aspirin can actually cause health issues. In a recent study they looked at 67 studies of healthy individuals without cardiovascular disease who took baby aspirin. The results showed that they in fact had a 17% lower risk of cardiovascular events such as heart attack or stroke. However, it showed a 47% greater risk of a Gastrointestinal bleed and 34% higher risk of bleeding in the skull which can lead to a hemorrhagic stroke. What aspirin does is prevents the ability for our blood to clot. So for many individuals with heart disease and thinning arteries due to blockages this is the treatment of choice. But in healthy individuals this is not the case. The reduced ability of the blood to clot from aspirin then allows these GI bleeds or arterial bleeds to occur since clotting of the arteries is what naturally prevents this from happening. GI bleeds usually form as a stomach ulcer and they can be quite painful and lead to other complications. The best thing to do if you are a healthy individual to help prevent cardiovascular disease is to work out since both the heart and the arteries and blood vessels have primary muscular components. Like any muscle of the body the heart also weakens if not exercised regularly. Get your heart rate up to a targeted range on a regular basis when exercising. The way to find this is to take 220 and subtract your age. Then you want to stay at around 50-85% of this range.

My motto always has been a workout a day can keep the heart attacks away.

[Patient Spotlight](#)

By: Jada

[Irving G](#)

Irving began treating at Active Health when he received a lower back injury when preparing for Hurricane Dorian this past summer. Prior to this, Irving was also suffering from daily pain in the neck and shoulders. These issues were affecting his ability to sleep every night, and it also made it difficult for him to drive as well. The neck pain would cause headaches so severe that he would try and take breaks during work just to sleep them off, and as an attorney, this was not ideal for him to do so often. Before being referred to our office by a friend, he has been to other chiropractic offices, and they all claimed there was nothing they could do to give him the relief he needed. Once he came here, he received chiropractic treatments, physical therapy,



home exercises, and he used various modalities (such as our MCU and Eccentron). Having a more holistic approach towards his care has allowed him to heal exponentially faster than he anticipated. He also greatly appreciates having been thoroughly educated about his treatments and about things he could do to become healthier outside of the office. He happily stated that "where he is now is a world of a difference from where he began." He also wanted to add that our staff is what truly separates our office from others, because we all come together and put a joint effort into making sure he gets the care he deserves, whilst having the most positive attitude possible.

Curious about what the MCU does for chronic neck pain?

[Click here to schedule a consult today!](#)

Meet Jada Bryant

Active Health's Employee Of The Month



Jada currently works as the Back-Office Manager at Active Health. She has been working at Active Health for close to two and a half years now, And says, "it's been the best job I have ever had thus far and I feel blessed to work with such a great team". Since working at Active Health Jada discovered a passion and desire for helping people have a better quality of life and enjoys being hands on.

Outside of work, Jada enjoys laid back activities such as Netflix binges and playing video games. She also has a passion for music. Although she does not play any instruments, she has always had an interest in producing music, DJ'ing and curating playlists, she will dabble in these passions of hers when she can.

Jada says she is at a place where, despite all going on in the world right now, she is incredibly happy and thankful that she is where she is in her life.

Jada has a birthday coming up on July 17th and feels getting employee of the month has been a nice early birthday present.

Jada we would like you to know that we all think you are a wonderful individual and here are some words we feel describe you,

Jada is: Upbeat, compassionate, professional, helpful, a team player, consistent, friendly, passionate, very attentive, and always has a smile for everyone she encounters. We are so glad you are part of our work family at Active Health.

Like us and follow us on our social media platforms

