



AVOIDING SPRING CLEANING INJURIES



As the weather becomes warmer, our to-do lists include breaking out the ladders for home repairs, yard work and gardening. However, thousands of injuries occur each year as a result of “spring cleaning” projects.

Often the key to avoid spring cleaning injuries is to know your limits. After a long winter, it is easy to take on more chores than your body can handle. Also, it is important to follow the proper safety precautions when using tools, and to follow proper techniques when lifting, carrying or bending.

Here are some other helpful hints to avoid injuries –

- Do some simple stretching exercises. A little stretching can go a long way to prevent pulling a muscle.
- Pull weeds with the support of your legs and straight up. Pulling weeds with your legs will put less strain on your back and straight up with avoid twisting your wrist.
- Protect your skin from the sun by applying sunscreen.
- Use a step stool instead of furniture. When using a ladder, never place it on an uneven surface.
- Do not over reach or over lift. Have someone assist you.
- Keep hydrated.
- Call your physician in case of injury. Prevent further injury by having your physician provide a proper diagnosis if you think you have been injured.
- Spring is a beautiful time of year to be outside and enjoy nature. Remember, to look around and take it all in... you don't have to finish everything at once!

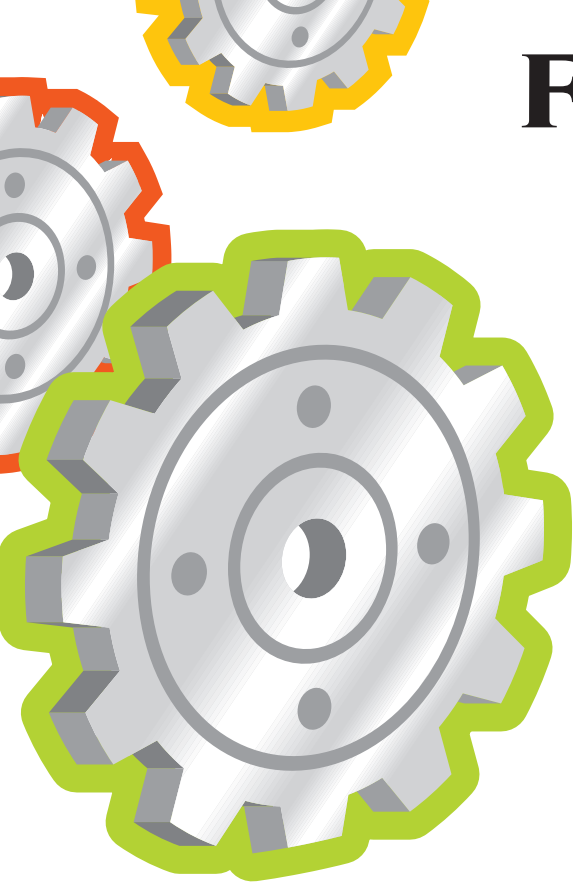


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Fun Factz!



- After age 30, the brain begins to lose about 50,000 neurons per day, shrinking the brain .25% each year.
- Our eyes are always the same size from birth, but our nose and ears never stop growing.
- The average person's skin weighs twice as much as their brain.
- When you take a step you are using up to 200 muscles.
- Every cigarette smoked cuts at least 5 minutes of life on average, which is roughly the time it takes to smoke one cigarette.
- It takes about 20 seconds for a red blood cell to circle the whole body.
- Your heart pumps about 2000 gallons of blood each day.
- Perspiration is odorless, it is the bacteria on the skin that creates an odor.

*These fun facts courtesy of www.funfactz.com

PINCHED NERVES

A pinched nerve occurs when too much pressure is applied to a nerve by surrounding tissues – such as bones, cartilage, muscles, or tendons. This pressure disrupts the nerve's function, causing pain, tingling, numbness or weakness.

A pinched nerve can occur anywhere in your body. A herniated disk in your lower spine, for example, may put pressure on a nerve root, causing pain that radiates down the back of your leg (sciatica). Likewise, a pinched nerve in your wrist can lead to pain and numbness in your hand and fingers (carpal tunnel syndrome). The problems related to a pinched nerve may be worse when you're sleeping.

With rest and other conservative treatments, many people recover from the effects of a pinched nerve within a few days or weeks. Short-term compression rarely causes permanent nerve damage, although symptoms such as numbness and tingling can take months to recover from. In some cases, surgery is necessary to relieve pain from a pinched nerve.

Pinched nerve signs and symptoms include:

- Numbness or decreased sensation in the area supplied by the nerve. Sharp or burning pain, which may radiate outward. When the pinched nerve comes from the spinal cord, coughing or sneezing may aggravate the pain.
- Tingling, "pins and needles" sensations (paresthesia).
- Muscle weakness or twitching in the affected area.
- Frequent feeling that a foot or hand has "fallen asleep."

It is important to seek medical help as the symptoms of a pinched nerve can mirror vascular problems such as stroke or heart attack. If the signs and symptoms of a pinched nerve last for several days and don't respond to self-care measures, such as rest and over-the-counter pain relievers, call our office for an appointment or ask your doctor for a referral so that you can be examined thoroughly.



SHAKE

Less Sodium FRIED CHICKEN

Serves 4 - 77 mg Sodium Per Serving

- 2 tablespoons all-purpose flour
- ½ teaspoon dried basil
- ½ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon dried rosemary, crushed
- ¼ teaspoon dried tarragon
- ¼ teaspoon dried thyme
- 4 boneless, skinless chicken breasts
- 1–2 tablespoons olive oil

Mix together flour, basil, garlic powder, pepper, rosemary, tarragon, and thyme; dredge chicken in flour mixture, shaking off any excess. Heat oil in a large skillet over medium-high heat; add chicken. Cook until brown on one side, 4 to 5 minutes; turn. Decrease heat to medium-low; cover and cook until chicken is no longer pink, but still moist inside, 15 to 20 minutes.

NUTRITIONAL INFO PER SERVING:
Calories 176, Fat 5g (Saturated Fat 1g),
Cholesterol 69mg, Carbohydrates 3g
(Fiber 0g, Sugar 0g), Sodium 77mg.

THE SALT HABIT

Too much sodium in your diet can lead to health problems. It is one of the risk factors that contribute to high blood pressure (hypertension), which substantially increases the risk of developing heart disease or stroke.

People frown when a doctor advises to decrease the sodium in their diet. We think that this means “no salt” and thus, “no taste.”

The good news is, you don’t have to totally eliminate salt.

The bad news is, however, many other foods do contain high amounts of sodium - processed and prepared foods, condiments, soups, bacon and more.

So, what are we to do? – get creative and use these delicious ways to less sodium meals:

- **Eat more fresh foods and fewer processed foods.** Processed foods contain high amounts of sodium to make them last longer on the shelves. Choose fresh or frozen vegetables to canned versions.
- **Avoid packaged food** being passed off as low-fat or low-calorie. To make these foods taste better, manufacturers will load it with sodium.
- **Use fresh herbs**, spices and other flavorings to enhance foods. Remove salt from recipes whenever possible.
- **When eating out, choose** peppers instead of pepperoni on that pizza, plain rice instead of (salted) fried rice, jacket potato instead of (salty) chips
- **Make your own chicken and vegetable broth** and have it on hand in your freezer. Commercial brands are usually high in sodium.

Cutting back on sodium is not the end to tasty food... it is just the beginning to a healthier YOU!



The Dr.'s Script



Mission Statement

To promote wellness by encouraging positive lifestyle changes.

To become a resource for the community by sharing our knowledge, expertise and experience.

To maintain a thirst for wisdom and knowledge, striving for continuous improvement and excellence in all areas.

Our Office Locations

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HAPPY MONDAYS

There is nothing like starting out the work week with a happy Monday. With this frame of mind we look forward to making the coming 5 days better. With a happy disposition, we're on our way to finding our work refreshing. An enthusiastic start of each week will help us see each day differently.

This brings to mind how much our patients are a part of the way we see the world. We learn so much from them. We had a patient recently, he was the last one for the day. He is the kind of person who one of my colleagues call a "cat bird" person. The patient of ours is a character and jokes a lot in light of everything. He is the kind of person whose excitement is contagious.

I have known people like this patient of ours and behind their vibrancy, I can sense a sadness in them. They have stories that are very sad and depresses them. In facing their difficult situation they help out. When I took him to the room, he told me that his wife had passed away and that this was helping him spread the cheer.

He goes on to tell me that doctors and the staff look forward to seeing him since he brings his positivity to people who are having a tough time in their lives. He is also a practical joker who would play out a harmless joke just for the fun of it. He also spreads his easy cheer to his family too, once playing a prank on his niece. He called to congratulate her on winning the jackpot prize for a round-trip ticket to Florida. Though his niece knew he was pulling her leg, she rode along with joke in good humor.

He made my day when he shared that he had found his calling 15 to 20 years ago. He went on to say that there is a bigger reason to be here and his purpose was to make people happy.

This was an honest example of how people take tragedies in their life and turn it into something positive. The loss of someone who has loved you, known you and made you happy would usually turn someone bitter. But for people like the patient of ours, knowing the joy his wife had brought him, he knew bringing joy to others would be a fitting legacy of his wife.

Everyday is a day of opportunities for learning, sharing and touching people's lives. No one is ever too old for learning something new from other people.

HAVE YOU CHECKED OUT MIR NEUROLOGY ONLINE?

Mir Neurology and Spine Center is on the web! You can check us out online at www.mirneurology.com. There you will find useful patient information about symptoms and conditions you may be experiencing, as well as the tests that Dr. Mir can perform to provide you with a proper diagnosis.

With the growing popularity of Facebook, Mir Neurology is also proud to announce that we have launched our own page on FB. Anyone is free to join and we invite everyone to take advantage of this page. Become our 'friend' and keep up to date on the latest news at Mir Neurology.

