Welcome to our 2nd edition of our newsletter, I hope you enjoyed the summer and as we head into winter remember to take care of yourselves before the cold weather really sets in!

For those of you with arthritis you’ll know that the cold, damp weather can increase our aches and pains!!! Some of you may be planning your ski trips, so now is the time to get your body as well as your skiing equipment in tip top order!!!! (MOT’s aren’t just for the car you know!!)

More changes have occurred within the practice since the last newsletter; we have extended our opening hours to all day on a Monday and are also open on Wednesday mornings.

We have an additional Osteopath Dan Wilkinson, who is available Tuesday all day and Saturday mornings.

Fingers crossed extra treatment rooms will be available by the New Year (Builders permitting!!) this will enable us to be open even longer hours and provide more space for other practitioners to join our growing clinic!!!

A question I’m commonly asked is, ‘what is the difference between Osteopaths, Chiropractors and physiotherapists…?’ Please do remember I’m answering this as an Osteopath!!

Osteopathy was started in 1872 by Dr Andrew Taylor Still, an American doctor who grew disillusioned with orthodox medicine after his wife and three children died from spinal meningitis. Many accounts of the history of osteopathy mention that one of Dr Still’s early students was Daniel David Palmer who went on to become the founder of chiropractic. Therefore they share a similar background.

Chiropractors tend to focus on manipulation of the spine, whereas osteopaths employ a wider range of techniques. Apart from manipulation, osteopaths use other techniques such as stretching, pressure and mobilisation. We are also trained in cranial osteopathy, which involves very subtle and gentle adjustments without any “clicking” of the joints.

Some chiropractors are known to require or encourage their patients to sign on for a course of 12 or 24 or more treatments, even for minor complaints like lower back pain. Osteopaths do not tend to work this way, preferring to assess each patient individually. Some complaints may require just one or two treatments and come back for maintenance as required (Back to my MOT’s!!). Long standing or more stubborn problems may require more attention.

Physiotherapists, in my opinion, tend to use more equipment, for example ultra sound and heat treatment. They also provide the patient with remedial exercises as a part of their rehabilitation. I would say osteopaths are more ‘hands on’ with their patients and provide a more holistic approach.

I hope this brief explanation is of some help, please feel free to contact me with any questions regarding this or any other subject!

Laura x
Reflexology - Nikki Quitmann

Thyroid Dysfunction

Thyroid dysfunction is a very common problem and is often difficult to diagnose.

The thyroid is an endocrine gland which secretes hormones into the blood-stream that act as messengers to other parts of the body. It is located at the front of your neck just below your Adam’s apple. It secretes two hormones; thyroxine (T4) and triidothyronine (T3). The levels of T4 and T3 are regulated by the pituitary gland. The thyroid gland is responsible for ensuring all bodily functions occur at the correct rate. It affects heart rate, body temperature, bowel activity and appetite; it also controls a number of important organs in your body.

Physical symptoms of Hypothyroidism include weight gain, brittle nails and coarse thinning hair, tiredness, easily feeling cold, lack of concentration, poor memory, muscle aches, constipation and heavy menstrual periods.

Disorders of the thyroid gland need to be taken seriously. If there is any malfunction – be it an under active or over active gland, this can undermine many of the body’s normal functioning processes. Your GP may prescribe thyroxin if your thyroid is underactive or antithyroid drugs if you suffer from Hyperthyroidism. It is important to have regular blood tests to ensure the right amount of medication is prescribed. However, unfortunately blood tests can often give misleading results for an under active thyroid. Another useful test is the Barnes Basal Temperature Test as there are few causes other than hypothyroidism which produce a low basal temperature.

If you can imagine your body and all it’s functions as an ‘Orchestra’ I describe the thyroid as the ‘Conductor’ of the orchestra. If the ‘Conductor’ is sending the wrong messages this can have a major affect on your wellbeing. A number of things can knock the thyroid off course such as stress or hormonal changes. It is therefore important identify and address any problems that might be causing a thyroid imbalance.

Both thyroid and pituitary imbalances can be felt though the corresponding reflex zones in your feet. Reflexology can help balance both the pituitary gland and thyroid, and if necessary stimulate the thyroid to function as efficiently as possible. If you have any questions about any of the above please do contact me.

Acupuncture - Helen Armer

Menopause

Acupuncture is beneficial for all sorts of hormonal complaints, from menstrual disorders to menopause. Recent studies show that acupuncture can reduce the intensity and frequency of hot flushes and other problems associated with menopause such as sleep disturbance, night sweats, irritability, headaches, low energy and other symptoms.

In Western medicine HRT is commonly prescribed to help women go through this transition by replacing the oestrogen which is lost during menopause. It is this decline of oestrogen (and progesterone) that causes the hot flush and other related symptoms. However there can be risks associated with long term use of HRT.

Acupuncture can offer an alternative approach for women to pass through this phase naturally. Chinese medicine is based on the theory of Yin and Yang. Oestrogen relates to Yin. Acupuncture works by rebalancing this sudden decline in yin and thus aids the body to regulate and balance its hormones relieving the symptoms of menopause.

Some people react quite quickly to acupuncture and may only need 1-2 treatments, other people may need a course of treatments. An initial consultation asking questions about your health, digestion, sleep patterns are all taken into account as each person is treated individually. The first treatment may take up to 1 ½ hours and following treatments take up to 1 hour.

Acupuncture isn’t just for women! Men and children of all ages have treatment for all sorts of disorders ranging from allergies to musculo-skeletal problems, digestion, sleeping problems, stress and anxiety and many other conditions.

If you would like to have a chat about acupuncture and any problems that you might like to discuss, please feel free to call me or send me an e-mail, or you may like to book an appointment for acupuncture at Mayfield Osteopaths.

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What is a panic attack?

The Diagnostic and Statistical manual 3rd revised Edition, defines the symptoms in the extensive list, however you may not suffer all of them to be experiencing panic attacks:

- Shortness of breath, fast heart rate or palpitations, pains or discomfort in the chest. Feeling smothered as though you are choking. Feeling faint, feelings of unreality, tingling in the extremities or numbness. Hot, and or cold flushes, sweating, trembling muscles, feeling nauseous. These can also be accompanied by certain thoughts and feelings. A Sudden overwhelming feeling of fear, apprehension or terror. A sense of impending doom. The fear the you might be loosing your control going crazy or losing your mind. As real as they may seem, there is no evidence that anyone has ever died from a panic attack.

In dealing with panic attacks, the first thing to understand is that you are not alone, and although it may feel like it’s only you who is suffering from this, be assured you are not. Panic attacks effect people the world over. Research shows that between 1% and 2% of the population have recurrent attacks. This would be at least four over a four week period, and a further 10% have intermittent attacks. 35% of the population suffer at least one attack which in the UK equals 27,000,000 sufferers, so you’re not alone in - it simply feels like it!

Why counselling?

What are effective forms of treatment? The key to recovering from panic attacks is understanding what they are, how they work, and why they happen. The triggers may be different for every one, and counselling can lead to better understanding and this is why it is particularly effective. By understanding what the underlying perceived threat is, and what events bought about the onset of these attacks, the recovery becomes easier. Also as each session is individually tailored to the specific needs of the patient this provides practical techniques to reduce the effects of the attacks whilst working towards a lasting solution.

As a counsellor, I work with all issues and work with both individuals and couples. You may be unsure if counselling will be suitable for you, and with this in mind I would invite you to have an initial session during which we can discuss what difficulties you are experiencing, and how counselling may be effective for you.

How much does counselling cost?

There is no cost for the initial meeting. Sessions are one hour in duration and the cost is £45. There are reductions available for low income, unwaged and mature students, and this can be discussed at the initial meeting.

To book your free initial meeting telephone
Mayfield Osteopaths on 01435 873051 or 07717729604

For all your chiropody needs we recommend:

Katy McSundey Chiropodist
Mayfield Chiropody & Podiatry Clinic,
West Street(just off High Street), Mayfield, East Sussex, TN20 6BA.
Telephone: 01435 873848
Muscle Strains

(A.K.A a muscle tear or a pulled muscle)

What is a muscle Strain?
A muscle strain is damage to the muscle or its tendons caused by over-stretching the muscle fibres. Undue pressure can be put on muscles during normal daily activities, which involve any sudden movements, repetitive stress, quick heavy lifting, performing certain work tasks or during sports/exercise.

Muscle strains are categorised in 3 different grades depending on their severity.

How to treat a muscle strain
All muscle strains should be rested and allowed to heal no matter the severity. Many people tend to ignore a grade I strain (a tear of a few muscle fibres) as it is a minor injury and does not effect the muscle functioning, however if ignored a grade I strain has the potential to become a grade II strain (tear of more muscle fibres) or even a complete rupture over time especially if the injury was during activities which are repeated often in our daily lives, such as during sporting activities or activities done during the working day. At the time of the injury it is important to follow standard first aid procedures (PRICE - protect, rest, ice, compression and elevation), for the first 48-72hrs. If the injury is suspected to be a grade III strain (full rupture of the muscle) go straight to A&E.

How to reduce the risk of a muscle strain
Ensure you do a proper warm up prior to exercise followed by stretching of the muscles. A good warm up should last at least 15mins and you should stretch the muscles for approx 10-15mins especially if you are going to engage in strenuous exercise. It is also important to allow time to cool down after strenuous exercise, which will help the muscles to get rid of waste products such as lactic acid and again this should be followed by stretching exercises to encourage the muscles back to their normal length.

It is important to do exercise regularly and know your limit, when your muscles are tired they have a higher risk of being injured. If your exercise routine is not consistent there is also an increased risk of the muscles being injured, maintaining your level of fitness reduces the risk of injury.

If you have a physical job that includes repetitive moves you could avoid injury by doing daily stretching exercises to the muscles used the most. If you do regular exercises or have a physical job regular massage will greatly reduce the risk of injury.

How Sports Massage can improve this healing process
When scar tissue is laid down to repair torn muscle fibres it is layered with fibres going horizontal and vertical this ensures a strong structure, which is stronger than the muscle fibres they are attached to. It also means the scar tissue fibres are not in line with the muscle fibres and as they are also not elastic like the muscle fibres they restrict the muscles movement. This also means that the muscle has a weakness and left untreated it is at risk of further tears at either end of the scar tissue. Through a variety of deep tissue and stretching techniques sports massage supports the healing process by breaking down scar tissue and re-aligning it to work with the muscle not against it. The techniques also prevent/reduce adhesions and removes any tension built up within the muscle ensuring it heals correctly and reducing risk of the injury recurring. Sports Massage also increases the circulation to aid oxygen and nutrient supply and the removal of waste products from the site of the injury which speeds up the healing process ensuring a quicker more efficient recovery.

Price List

OSTEOPATH – £35.00 per session
Monday - Saturday.
Late opening Thursday and Friday.
Home visits by appointment

SPORTS MASSAGE
Tuesday - Friday
£25.00 for 30 minutes
£35.00 for 45 minutes
£45.00 for 1 hour

REFLEXOLOGY
£40.00 per session. Thursday and Saturday mornings

ACUPUNCTURE
£40.00 per session.
Monday and Friday mornings

COUNSELLING
Initial consultation free
£45.00 per hour for follow up appointments.
Bookings by appointment

Opening Times
Mon: 9.00am - 4.00pm
Tues: 9.00am - 4.00pm
Wed: 9.00am - 1.00pm
Thur: 9.00am - 7.00pm
Fri: 9.00am - 7.00pm
Sat: 9.00am - 2.00pm

For more information or to book an appointment please call 01435 873051