



# The Younger You

Monthly newsletter about Wellness, Science, and a Physician-led revolution

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Spine Care, Energy, Lifestyle, Thoughts on Medicine, Diet, Regenerative Medicine



**Andrew Clary, DO**

Dr. Clary has always had special interest in coaching, educating, and speaking about both nutrition and lifestyle. He has a professional interest and training in both spine care and nutrition (receiving his Bachelor of Science in Applied Nutrition before medical school) and continues a lifelong journey of learning. He is always looking for ways to inspire, grow, and benefit others with even small daily changes.



**Anthony Sterk, PA-C**

Anthony Sterk is a hardworking, meticulous, and dedicated provider. He is Physician Assistant and has been working in Orthopedic Spine specialty the past 4 years. He has a drive to continue learning new and innovative ways to help patients achieve their goals. His passions include running, hiking outdoors, and spending time with his family.

## DIET

There was a very interesting series of articles that came out of Harvard, some in JAMA (a major medical journal) that reflect data over the past 40 years about vegetarians and risks for mortality. The studies were based in California with Seventh Day Adventists. It has always been hard to prove causation with nutrition as you can't just force feed someone one thing their whole life, but this cohort study is fantastic. It argues, among many other points, that:

- Beans twice a week lowered risk for colon cancer 42%
- Eating meat several times per week increased risk for colon cancer 60%
- Dried fruit 3x/week decreased risk for prostate cancer 40%

## LIFESTYLE

I've read so many books and articles about vitamin or nutritional supplements and while there are many without great studies done (without a randomized, controlled trial), there is one that stands out. Vitamin D (D3) has been shown in studies to potentially improve brain health, sense of well-being, and a multitude of other benefits. Deficiency in vitamin D (tested in a blood test) can cause chronic pain, weight gain, and other problems. Even fish oil was disproven a few years ago does nothing to decrease risk for heart disease, stroke, or death (unlike natural wild-caught fish which does have some validity.)

## SPINE CARE

It is difficult to know where to begin with activities and exercise when a person develops pain in their spine. Studies show that low impact activities can improve disc health. Studies also have proven that inactivity will worsen pain in the spine. The most simple place to start with exercise is with walking, whether on land or in a pool. Patients with stenosis sometimes have difficulty ambulating and actually do better with use of a stationary bike. If you are interested in weightlifting, it is best to proceed with the mindset of low weight and high repetition, as this helps to lower risk of injury. Simple core based exercises can go a long way to provide stability to the spine and prevent flare up in the future; exercises that focus on this include yoga and pilates. Whether you are just starting your journey into physical health or you are a professional, it is best to remember that this is a journey and will take time and dedication.

- Anthony



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## THIS MONTH'S THOUGHTS ON 21ST CENTURY MEDICINE

I wish there was a cure for stenosis rather than just decompression surgeries (removal of the narrow arthritic regions within the spine) but we are considering lifestyle and dietary ways to see if it can be slowed. From what we know, there is no rhyme or reason why one may get this. Hard work, labor, many repetitive activities can often cause this but there are construction workers and very active elderly I see who have very little. I think they are the lucky ones. Activity is key to forcing your body to evolve and potentially ward it off, as best I can tell.

## REGENERATIVE MEDICINE

We've had some wonderful and honestly surprising results from our stem cell and platelet rich plasma (regenerative medicine) options. These modalities often help painful discs, facet joints (bone pain causing pain in the neck or back but does not radiate into the arm or leg), and major joints, depending on the situation. The concept of using one's cells to try and introduce their own growth factors is exciting and for some conditions like discogenic (disc related) back pain, it does work long term for most. More on this in future newsletters, but this is one of the most satisfying parts of our practice.

## ENERGY

Did you know that in order for caffeine to get fully activated in your body that you need to be well hydrated? Coffee itself is NOT a major diuretic (a debunked myth, the urination is seemingly from the volume alone) so combining hydration beforehand and coffee may be a match made in morning progress heaven!