



## SPINAL TIMES

MAY 2011

### SPECIAL POINTS OF INTEREST:

- ◆ Health Tips
- ◆ Patient Testimonial



Dr. Scot Sorum

### HEALTH TIPS FROM DR. SCOT

life-threatening. Patients with severely impaired thyroid function may struggle with simple daily tasks such as doing housework, taking care of their families, and even getting up from bed.

such as celiac disease. Foods known as *goitrogens* have been shown to be damaging to thyroid function.

There are two main classes of food goitrogens: **cruciferous vegetables** (broccoli, cauliflower, cabbage) and **soybean-related foods**. Both isothiocyanates from cruciferous vegetables and soy isoflavones have an inhibitory effect on thyroid peroxidase and interfere with iodine uptake by the thyroid gland. This is especially true with **uncooked** vegetables and genetically modified soy-based foods.

When assessing for thyroid function, many doctors will first test TSH levels. As discussed, elevated TSH can be indicative of primary hypothyroidism. Most resources cite 0.4-4.0 mIU/L as normal range. However, many patients express symptoms of hypothyroidism with TSH higher than 2.5 mIU/L. This diagnosis is often referred to as subclinical hypothyroidism.

Undiagnosed hypothyroidism is a common and clinically significant health problem that affects millions of Americans. Could you be one? If you find yourself expressing symptoms of low thyroid activity, talk to your doctor, about thyroid health and learn more about how to **keep your body in motion**. Ask Dr. Sorum how your spinal home exercise program can improve the health of your thyroid gland!

When analyzing thyroid function, three nutrients of concern are **iodine, selenium,** and the amino acid **tyrosine**. Thyroxine is synthesized from tyrosine *bound to iodine molecules*. Patients concerned with thyroid health should work with their doctor to carefully monitor their intake of all three of these essential nutrients.

Autoimmunity is another leading cause of hypothyroidism. Autoimmune diseases appear to correlate highly with **food intolerances**



### How Important is your Thyroid Gland?

Weight gain, **fatigue**, sensitivity to cold, joint or muscle pain, thin brittle hair or fingernails, and depression are unfortunately common health complaints among the American public. While there are many reasons why patients may experience these symptoms, one of the most evident causes often goes undiagnosed. **Hypothyroidism** is now believed to affect a growing percentage of American adults.

The severity of hypothyroidism can vary significantly—from nearly undetectable to extremely debilitating and

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Our mission is to fully empower our patients to attain their optimal state of well being; physically, mentally, and spiritually!



Karina

## MY TESTIMONIAL

At age 30 I was in pretty bad shape. It was then that I began a journey to find out what was causing this pain and how I could get rid of it. In brief, over the years I have tried Rolfing, Active Isolated Stretching, a Tens unit, Yoga, weight training, Chiropractic, Graston Technique, Acupuncture, inversion, and Physical Therapy. All helped, but none solved my problem.

So, last August I ended up at Advanced Spinal Rehab. One of the first things I noticed (and was impressed with) was that *Dr. Scot actually read my patient intake form before he talked to me and had already examined x-rays that I sent ahead of my visit.* It is sad, but no other health care professional that I have seen concerning my pain had done this.

Dr. Scot explained to me that the problem was not the scoliosis, but my neck. He has an easy going manner and a great way of explaining things. The scoliosis was an adaptive response to a crooked neck. This all made so much sense. I really felt that I had finally gotten an answer to what was causing my pain!

My rehab and exercises at Advanced Spinal Rehab are just what I needed to be doing. It is a great combination of stretching, strengthening traction and neurological reconditioning (that was the main piece that was missing for me) and great chiropractic. I have been

really impressed with how Dr. Scot and Taralyn taught me how to do the exercises correctly during my weeklong intensive session so that I knew exactly what to do when I got home.

Dr. Scot also told me how much I can expect to improve and how long it should take. I also love it that we can measure my progress with periodic x-rays. My monthly trips to the clinic have been great too. I find it to be a real boost to look around and see people with body issues that are so similar to my own. There is a real sense of camaraderie in the clinic that is wonderful and keeps me going when I am doing my workouts at home. Dr. Scot also tweaks what I am doing so that I am targeting my problem areas more exactly. The more I learn, the faster I improve.

In addition to things that I have noticed, I have gotten some feedback from some of the people who had been helping me previously....my old personal trainer...my physical therapist...my acupuncturist. I now no longer need to see any of these health care providers and I think in the long term I will be saving money.

I am really excited to see what the NEXT 6 months is going to bring. I am looking forward to working out because I want to, not because I have to. Thank you Dr. Scot and the great team at Advanced Spinal Rehab!

I have been a patient of Dr. Scot's at Advanced Spinal Rehab for the past 6 months. I am 53 years old and have had upper back pain for the last 30 years. My story goes back to when I was around 13 years old and a family friend asked me why I was limping. I wasn't aware that I was, and shrugged it off. When I was 19 years old I decided that I wanted to know why I limped. At that time, I went to see an orthopedic surgeon who x-rayed me and diagnosed me with scoliosis. The doctor was concerned and said that my curvature was severe enough that I should have been braced, however, at age 19 I was too old. He advised me to "watch it", get periodic x-rays and exercise. At this time I wasn't in pain.

Fast forward to age 25. By that time I had developed some major spasms in my upper back. My gait was still uneven. I had been running and to deal with the spasms I ran even more.

# Spring into a HEALTHIER YOU



Spring has sprung and it's time to spread the word about the benefits of great health. During the month of May-June 2011 all new patients referred to our office by you, will receive their Initial visit for **only \$95.00\***. That includes the Initial Consultation, a Full Exam, X-rays and a brief Report of Findings, retail value \$550.00.

**Our patients will receive:**

- ◆ **1 ticket** for every appointment they arrive on time
- ◆ **5 tickets** for every referral\*

**For a chance to WIN:**

- ◆ **1st Place:** A package of 5 Bionic HydroTherapy (BHT's) sessions and a Symmetry Protection for Life Bundle (1-Genesis, 1-UltraVitality, 1-Advanced Omega)
  - ◆ (retail value \$400.00)
- ◆ **2nd Place:** A package of 3 Bionic HydroTherapy (BHT's) sessions.
- ◆ **3rd Place:** A \$25.00 Gas Card

\*Excludes Personal Injuries and On the Job Injuries. Referral must complete Initial visit by June 15th.



Scheduling Specialist  
Georgette

**ASR  
STAFF**



Spinal Rehab Technician  
Scott

## Clinic Hours

**Monday**  
Morning: 8:00-11:30 AM  
Afternoon: 3:00-5:30 PM

**Tuesday**  
Afternoon: 3:00-5:30 PM

**Wednesday**  
Morning: 8:00-11:30 AM

**Thursday**  
Afternoon: 3:00-5:30 PM

**Friday**  
Morning: 8:00-11:30 AM

**ADVANCED SPINAL  
REHAB CENTER**



**Dr. Scot A. Sorum, D.C., C.S.**  
1331 118<sup>th</sup> AVE SE, Suite 200  
Bellevue, WA 98005  
Phone: 425-455-4038  
[www.advancedspinalrehab.com](http://www.advancedspinalrehab.com)