JENNA HOWE

Osteopathy and Concussion Recovery

NOVEMBER 2022 ISSUE

NEWSLETTER

Your Resource for a Healthy Lifestyle



SEASONAL AFFECTIVE DISORDER

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UNDERSTANDING SEASONAL AFFECTIVE DISORDER

Tips to Fight the Winter Blues

Do you feel drained of energy and motivation during the winter months? Do you experience feelings of depression that are much stronger during certain times of the year? If you answered yes to either of these questions, you might have seasonal affective disorder or SAD.

SAD is a type of depression that is linked to seasonal changes — SAD begins and ends at roughly the same times each year. If you're like most SAD sufferers, your symptoms begin in the fall and last through the winter. In some cases, SAD can occur in the spring or early summer months and resolve in the fall and winter.

It is estimated that between 4% and 6% of people in Canada suffer from SAD. Another 10% to 20% may experience it in a milder form. SAD is also more common in women than in men.

At Jenna Howe, we understand that SAD can be difficult to manage. That's why we compiled a list of ways you can help lessen your symptoms.

Talk to Your Doctor

Because SAD is a form of depression, it's important to discuss your symptoms with a licensed professional. A doctor will be able to diagnose you with SAD and may recommend medication to help you manage your symptoms. If you believe you have SAD and don't know your treatment options, talking to your doctor is a great place to start.

Tips to Fight the Winter Blues

Try Light Therapy

According to a 2017 review published in the Einstein Journal of Biology and Medicine, bright light therapy or exposure to artificial light to help keep one's circadian rhythm on track is an excellent treatment option for SAD. A light therapy box is one way to experiment with bright-light therapy.

Get Active

We know that when you're feeling depressed, getting active isn't always an easy thing to do. However, research shows that just 30 to 60 minutes of exercise a day can alleviate symptoms of SAD.

The great thing about exercising is that there is no shortage of options to choose from. You could try yoga to help alleviate stress and promote mindfulness or walk around your neighborhood while listening to a podcast. Anything is better than nothing, and as you build a routine, you'll find that getting out the door and getting moving becomes easier and easier.

If you struggle to find the motivation to exercise, consider signing up for a class, choosing a workout buddy to hold yourself accountable, or even getting a personal trainer.

Osteopathic Manual Therapy as an Adjunctive Treatment

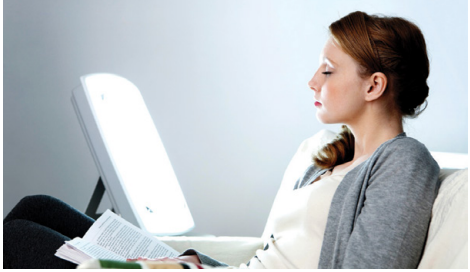
Osteopathic manual therapy can be a wonderful and effective adjunctive treatment for mental health concerns including Seasonal Affectiveness Disorder. An Osteopathic Manual Therapist's aim is to encourage the body's ability for optimal healing, recovery or rehabilitation.

It's most common for clients to book an Osteopathy session for aches, pains, and injury rehabilitation, however, the benefits of osteopathy for the management of stress, anxiety and an over-stimulated nervous system is a huge consideration. A body that is in fight or flight will have a much longer and difficult time healing.

The mind and body are not separate. Individuals with chronic pain are more likely to experience mood disorders and people with mood disorders are at a higher risk of suffering from chronic pain. Some facts about mental health in Canada:

- According to Canada Public Health, 1 in 7 Canadians access a health service for mental illness every year.
- According to the Centre for Addiction and Mental Health (CAMH), 1 in 5 Canadians experience mental illness or addiction.
- 70% of mental health problems have their onset during childhood or adolescence.
- Women have higher rates of mood and anxiety disorders.

A recent research study has shown the benefits of manual osteopathy for the management of Generalized Anxiety Disorder (GAD). (According to the National Institute of Mental



Health, GAD is described as "excessive anxiety or worry, most days for at least 6 months, about a number of things such as: personal health, work, social interactions, and everyday life circumstances".)

Adult patients aged 18-65 who were diagnosed with moderate to severe GAD, received five osteopathic treatments, over a period of 8-9 weeks.

Following the treatment intervention period, researchers reported a significant reduction in self-reported measures of anxiety.

Osteopathic physicians, Henley et al. (2008) noted that even when a patient was placed in a position that stimulated the sympathetic nervous system, such as a 50-degree head tilt-up, the vagal (calming) response of the manual application of osteopathic treatment was strong enough to overcome the sympathetic tone and promoted parasympathetic activity.

References:
Dixon, L., Fotinos, K., Sherifi, E., Lokuge, S., Fine, A., Furtado, M., ... & Katzman, M. A. (2020). Effect of osteopathic manipulative therapy on generalized anxiety disorder. J. Am. Osteopath. Assoc, 120, 133-143.
Henley, C.E., Ivins, D., Mills, M. et al. Osteopathic manipulative treatment and its relationship to autonomic nervous system activity as demonstrated by heart rate variability: a repeated measures study. Osteopath Med Prim Care 2, 7 (2008). https://doi.org/10.1186/1750-4732-2-7
Smetanin et al. (2011). The life and economic impact of major mental illnesses in Canada: 2011-2041. Prepared for the Mental Health Commission of Canada. Toronto: RiskAnalytica.

WE DIRECT BILL

At Jenna Howe – Osteopathy and Concussion Recovery we direct-bill Green Shield and Medavie Blue Cross. For all other insurance companies, you may submit your receipts to your provider for reimbursement or keep them for tax purposes.

We know that insurance can be confusing. Please check with your employee benefits provider to determine if you have Osteopathic coverage for treatment services.

Do you have any of these insurance plans?

- Sunlife
- Green Shield
- Industrial Alliance
- Empire
- Manulife
- Canada Life (Great West Life)
- Desjardins Insurance
- Cowan Insurance Group

Disclaimer: While this is an extensive list, health plans do change on a regular basis without prior notification. We recommend that you check with your health plan to clarify if Osteopathy benefits are available to you. Please note: Osteopathy is not covered by **MSP** provincial health care.

You are well on your way to pain-free! Call Jenna Howe TODAY to access relief.

SERVICE SPOTLIGHT

WELLNESS SERVICES

There are many options available for those who are looking to unwind, reduce stress or "make you feel like pizza dough" as one client puts it. If you are looking for a relaxing session where you can doze off on a warm table and low lighting — a **classic Osteopathic session** may just be what you need. I utilize classic Osteopathic movements with Bowen Therapy (light touch therapy with Osteopathic roots). This is a full-body treatment.

Do you ever have one of those days where you just want to be stretched? I created **Osteo Stretch** for just this purpose. A blend of classic osteopathic mobilizations and manipulations with isolated facilitated stretching for a full body relaxation and stretch

Want something a little deeper, a little longer and a bit more "pizza doughish"? **Osteo Stretch Plus Shockwave** has got your back (and front). A 75 - 90 minute session that combines my unique Osteo Stretch session with fascial shockwave and vibration therapy.

What do the Cleveland Cavaliers, the Detroit Tigers, Kurt Browning and I have in common? Isophit!

Many of you may have seen or heard me talk about my **Isophit.** Well, now is the time to give it a try. On Mondays only, I will be booking Isophit sessions as well as Rehab-specific sessions (great for those who need more direction on their NKT homework). I would love to invite you to book a complimentary 15-minute Isophit session on November 14 between 1:30 and 4 pm. **Book your complimentary session here: https://jennahowe.janeapp.com**

MOOD-BOOSTING RECIPE:

Happy Shake

Recipe courtesy of canadianfamilyhealth.ca

- 1 cup greens (baby spinach, swiss chard, kale or collard greens)
- 1 cup frozen mixed berries
- 1/2 cup kefir, yellow maca (women 22 and older), red maca (men 22 and older) or raw cacao
- unsweetened coconut milk or water
- 1 frozen banana, ground flax or chia seeds
- 1 tbsp hemp hearts, pumpkin seeds or sesame seeds



Combine all ingredients in a blender and puree until smooth. Serve immediately.

Learn more online at JennaHowe.com

SUCCESS STORIES

Jenna's Patients Are Seeing Results



"Well! My first appointment was much more than I expected and I almost left dancing I was so thrilled with Jenna! She was so thorough and caring & genuinely wants to help me find answers to my neuropathic pain. I've seen many specialists and this was by far one of my best experiences! Thank you!! Highly recommend Jenna Howe!!"

— Christine W.

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