



Optimum Health

A Newsletter from JANZEN & JANZEN CHAMPION CHIROPRACTIC (408) 379-0133 January 2008

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The one serious conviction that a man should have is that nothing is to be taken too seriously. - Nicholas Butler

Do You Ever Wish You Could Get More Sleep?

More News On The Effectiveness Of Sleep Medication

It's a very common complaint. Just ask someone how they are doing and many will say, "Tired." The ones who say "fine" or "good" are probably tired

too. They're just being positive. It's hard to find anyone that doesn't admit to wanting more sleep. *At least an extra hour or two.* Maybe you feel the same way. After all, wouldn't it be nice to stay under the warm covers longer tomorrow morning?

Countless people have serious trouble falling asleep. And when they do, they wake up frequently during the night. Have you ever looked at your clock and said to yourself, "If I fall asleep right now, I can still get 5 hours of sleep!" All this spells one thing for the following day – MISERY!

Lying wide-awake in bed can be extremely frustrating. It can lower your immune system and is linked to several health problems.

For example: A new study suggests that lack of sleep elevates activity in the emotional centers of the brain most closely associated with psychiatric disorders such as depression.

Though the thinking has been that psychiatric disorders cause poor sleep, Matthew Walker (Assistant Professor of Psychology at Berkeley and a former Harvard sleep researcher) says now he's not so sure because those he studied didn't have psychiatric conditions, yet they exhibited emotional brain reactions similar to psychiatric conditions.

Mary Carskadon, a Professor of Psychiatry and Human Behavior at Brown University who has studied adolescents and sleep deprivation, says the new study is compatible with her findings. She is particularly concerned about what it means for adolescents who are often sleep-deprived and who are being diagnosed with depression in increasing numbers.

"What we don't know is whether early sleep deprivation then projects out to things like major depressive disorder or bipolar illness and whether we're really setting up our kids for these major problems as they grow up," she says.

It's no wonder people suffering with sleep problems are willing to try almost anything, which makes them a prime target for slick television commercials.

"Your Dreams Miss You," that's the line used in a television commercial for the sleeping pill, Rozerem. In this "Dream" Abraham Lincoln, a beaver and a deep-sea diver all sit around a table. Supposedly they're the dreams you are missing. This may be an unusual pitch, but the message is clear: If you want to sleep better, Rozerem is the way. Well, according to an October 23, 2007 article in the New York Times,

this is not the case.

Speaking of Rozerem, *"it costs about \$3.50 a pill; gets you to sleep 7 to 16 minutes faster than a placebo, or fake pill; and increases total sleep time 11 to 19 minutes, according to an analysis last year."*

According to the New York Times Article: Sleeping pills, not just Rozerem, in general do not greatly improve sleep for the average person.

"American consumers spend \$4.5 billion a year for sleep medications. Their popularity may lie in a mystery that confounds researchers. Many people who take them think they work far better than laboratory measurements show they do."

An analysis of sleeping pill studies found that when people were monitored in the lab, newer drugs like Ambien, Lunesta and Sonata worked better than fake pills. But the results were not overwhelming, said the analysis, which was published this year and financed by the National Institutes of Health.

The analysis said that viewed as a group, the pills reduced the average time to go to sleep 12.8 minutes compared with fake pills, and increased total sleep time 11.4 minutes. The drug makers point to individual studies with better results.

Subjects who took older drugs like Halcion and Restoril fell asleep 10 minutes faster and slept 32 minutes longer than the placebo group. Paradoxically, when subjects were asked how well they slept, they reported



better results, 52 extra minutes of sleep with the older drugs and 32 minutes with the newer drugs.”

So the big question is: If sleeping pills do not change actual sleeping time much – why do some report success when taking them?

Dr. Wallace B. Mendelson, the former director of a sleep disorders unit at the University of Chicago had this to say about that question: *“A bigger aspect of this is that they change a person’s perception of their state of consciousness.”*

Here’s one theory about how sleeping pills made people feel better: Most sleeping pills work on the same brain receptors as drugs to treat anxiety. By reducing anxiety, the pills may make people worry less about not going to sleep.

Another theory about the discrepancy between measured sleep and perceived sleep involves a condition called anterograde amnesia. While under the influence of most sleep medications, people have trouble forming memories. When they wake up, they may simply forget they had trouble sleeping.

Here’s a case in point: There have been many cases of people sleep walking and doing strange things while taking the popular sleep drug Ambien. Many of the people, however, believe they were sleeping well and had no idea what was going on.

According to the New York Times Article: Rosemary Eckley, a graphic artist in New London, Wis., said she thought she was sleeping well on Ambien but woke to find her wrist broken, apparently in a fall while sleepwalking.

Sleep-eating and sleep driving while on Ambien are similar to what happened to people while taking Halcion 20 years ago.

Halcion was popular to take as a sleeping aid while flying. Travelers would land and get lost or not be able to remember their destination. This was called “traveler’s amnesia” and Halcion was pulled from the market.

And here’s something else to consider, it is conventional wisdom that as we age, we have more sleep problems. Older people sleep less and “toss and turn” during the night more.

According to another New York Times Article: *To researchers’ great surprise, it turns out that sleep does not change much from age 60 on. And poor sleep, it turns out, is not because of aging itself, but mostly because of illnesses or the medications used to treat them.*

“The more disorders older adults have, the worse they sleep,” said Sonia Ancoli-Israel, a Professor of Psychiatry and a sleep researcher at the University of California, San Diego. “If you look at older adults who are very healthy, they rarely have sleep problems.”

Clearly, lack of sleep can cause health problems. But the jury is still out on many of these “sleep aids.” Finding natural ways to relieve stress and get to sleep are always preferred to risky chemicals.

Welcome New Patients!

By the way, since so many of our patients achieve full recovery, we always have room for more referrals. Thank You!!!

Ursula Paxton of Los Gatos (Ref By: Dr. Aazhi)

Jill Pierce of Campbell (Ref By: Judy Cubiss)

Jennifer Lasala of Mountain View

(Ref By: Charles LaSala)

Jim Bianco of San Jose

Sepideh Madani of Campbell

Aziz Bensidi of Sunnyvale (Ref By: Dan Crocker)

Ralph King of San Jose (Ref By: Frank Shamrock)

Shay Morag of Sunnyvale

Boris Liubovitch of Santa Clara

(Ref By: Maya Stupokov)

Elizabeth Bickhart of San Jose

Weili Yu of Fremont

Tony Le of San Jose

Stephanie Monahan of San Jose

Dustin Salaz of Los Gatos (Ref By: Jens Claussen)

Greta Rzepski of Mountain View

(Ref By: Sherrie McClung)

John Monjar of Saratoga

Sid Mathai of Mountain View (Ref By: Andrew Naito)

Neal Woods of Aptos

Alan Hazelberg of Hollister (Ref By: Matt Rissman)

Sarah Roberts of Aurora (Ref By: Diane Gorman)

Robin Sedgwick of Los Gatos (Ref By: Tyler Boswell)

Jim Dewerk of San Jose (Ref By: Lance Tomlinson)

Kimberly Garay of San Jose (Ref By: Robert Garay)

Silvia Schroeder of Cupertino (Ref By: John Schroeder)

Prabal Bhutani of Santa Clara (Ref By: Venkat Gopidas)

Ben Taaffe of Los Altos Hills

(Ref By: Lance Tomlinson)

Laura Williamsen of San Jose

(Ref By: Michael Williamsen)

Ernesto Lomeli of San Jose (Ref By: Maggie Leon)

Michael Palumbo of Saratoga (Ref By: Lisa Palumbo)

Kelly Laughrin of San Jose (Ref By: Chad Reed)

Frances Coleman of San Jose (Ref By: Patrick Mercer)

Scott Deutsch of Morgan Hill (Ref By: Pat Lasserre)

Dina Jones of San Jose (Ref By: Junko Swain)

Hope Backman of San Jose (Ref By: KC Lim)

Jeanine Tuan of San Jose

Jennifer Liebthal of Los Gatos (Ref By: Alan Liebthal)

Shannon Sentous of San Jose (Ref By: Frank Sentous)

John Song of San Ramon (Ref By: Adam Chen)

Fernando Betances of San Jose

Tiphonie Cimoli of San Jose (Ref. By Trace Cimoli)

Did You Know?

America is a youth-obsessed culture, no matter how you look at it. While there is no fountain of youth, there are simple steps you can take to keep your youthful appearance and outlook, as you grow older.

If you feel good, you look good. So take care of your health by eating right and exercising. Make sure you have plenty of fresh fruits and vegetables in your diet, and keep fatty, sugary foods to a minimum. Consider adding a dietary supplement to your diet to make up for nutrients you may not be getting from your food. Drink plenty of liquids, not only will it keep you hydrated throughout the day, but it's good for your skin.

Maintaining healthy skin is the first step to keeping a youthful appearance. Inside and out, replenishing moisture is key to healthy looking skin.

Exercise is also important to looking and feeling your best. Try to exercise every day. It's good for your body, and it helps relieve stress (which can take a toll on your health and your appearance). You don't have to run 10 miles to get the benefits of working out. Taking a brisk walk around the neighborhood after dinner is a great way to work exercise into your day.

Tip Of The Month: Bad Product Awards for 2007!!!



Have you ever bought something, spent your hard earned money, had great expectations, and then it turned out to be JUNK? Sure you have. Everyone has. Well, here is how some are getting a little revenge.

Global consumer group, Consumers International has recently announced its bad product awards for 2007. The top prize went to the U.S. subsidiary of a Japanese firm, Takeda Pharmaceuticals, for promoting a sleeping drug for children. The company ran a television advertisement in the United States using images of children, chalkboards and a school bus to sell its drug, Rozerem. Yes, this is the same sleeping pill discussed in our lead story that used Abraham Lincoln, a beaver and a scuba diver and the slogan, "Your Dreams Miss You" to market to adults.

The "back-to-school" advertisements, which complied with U.S. law, promoted the sleeping pills to parents without including health warnings for children, Consumers International said. "This case demonstrates the lengths to which some drug companies will go to increase sales of their products, how direct to consumer advertising can promote irrational drug use, and how weak regulations can foster irresponsible corporate behavior," the group said...

Another award went to drinks giant Coca-Cola for pushing marketing "into the realms of the ridiculous" in the United States and South America with its Dasani bottled water which is sourced from the same reservoirs as local tap water. Kellogg's, best known for its cereals, was given a bad food award for the worldwide use of cartoon characters and marketing aimed at children despite the high levels of salt and sugar in some foods. "Kellogg's is one of a number of international food companies that make money by selling products high in fat, sugar and/or salt," Consumers International said. "Threatened with litigation in the U.S., Kellogg's has agreed to change some of their marketing practices, however, we believe they are doing too little, too late."

Toy maker Mattel was also named over the global recall of more than 19 million products made in China because of high lead levels and small magnets. Last month, the U.S. toymaker apologized to China, saying the vast majority of recalls were due to design flaws and had nothing to do with where the toys were manufactured. "This is a classic case of avoiding accountability and shifting responsibility on a global scale," Consumers International said. "Wherever the fault lies, the safety of consumers was compromised and this should be the full focus of Mattel's attention, not finger pointing and not blame dodging."

Consumers International, a global federation of consumer advocate organizations, said the awards aimed to highlight the abuse of consumer trust. "These multi-billion dollar companies are global brands with a responsibility to be honest, accountable and responsible," the group's director general, Richard Lloyd said. "In highlighting their shortcomings, Consumers International and its 220 member organizations are holding corporations accountable and demanding businesses take social responsibility seriously." The awards, which were announced at Consumers International's World Congress in Sydney, were whittled down from submissions by consumer organizations around the world. Criteria for final selection included the size of the company, the scale of sales and marketing, the impact on consumers, and the potential for change by the corporation.

Patient Quiz

The winner from December's quiz is Marvin Thomas. Here is the question and answer.

Q. Can hair loss be caused by stress?

A. If there is some "shock to the system", as many as 70% of the scalp hairs are then shed in large numbers about 2 months after the "shock". This sudden increase in hair loss, usually described as the hair coming out in handfuls, is acute telogen effluvium. This is a different problem than gradual genetic hair thinning. Stress as a result of illness can be attributed to hair loss however, this could be a cause and effect issue. Hair loss as a result of illness is common and definitely during times of illness your body is undergoing a lot of stress.

January Quiz Question

Q. Do Medical Doctors Refer To Doctors of Chiropractic?

Remember, the winner of the patient quiz will receive an AMC gift card.

Please e-mail quiz responses to: jjaccounts@sbcglobal.net

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