



The Younger You

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



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

An evolving conversation about vegetable oils and other synthetics warrants a column. Did you know that to make “vegetable oil” companies take the discarded vegetable peels, seeds, and other debris and basically heat it to almost 500 degrees and press it so heavily that it leaks oil? This process doesn’t sound as natural as the label would lead you to believe. Interestingly, also, given they are often touted as wonderful alternatives to butter and other additives, did you know that heated up in a typical frying pan or stovetop at home many actually mutate into trans fats? We all know that the FDA made guidelines that trans fats had to be removed from the public food source given the severe cardiovascular consequences (plaque buildup and otherwise) to the material even in small quantities. This substance shows itself when heated so new thinking actually recommends avoiding vegetable oils altogether (is it unsettling for us also to hear a product is made from “one or more of canola/saffron/sunflower/palm oil”). Extra virgin olive oil and peanut oil are actually shown to not cause this trans fat phenomenon, though any of even these oils can temporarily cause spasms in the coronary vessels within an hour or two of consumption per some studies. I use both at home, but also butter isn’t as bad as advertised. Keep in mind a lot of the administrative recommendations have not changed in decades. There are still assumptions that saturated fats are bad (by the way, there are studies showing mice eating lard lived longer than those eating soybean oils) and even large reviews have concluded that diets high in butter don’t make people live any shorter than those with low intakes. Meat-related fats are a different story for another article.

this issue

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Preventative Care, Memory, Lifestyle, Diet, Favorite Quotes, Regenerative Medicine

PREVENTATIVE CARE

Most people are aware that injuries and strenuous activities can lead to spine injuries. However, there are studies that indicate medical comorbidities can also lead to spine degradation, particularly disc degeneration. Multiple studies demonstrate that narrowing of the blood vessels can lead to disc degeneration. The discs naturally receive less blood flow on a normal physiologic basis. The most common culprit of disc degeneration is high cholesterol, as this can ultimately lead to artery plaque formation (atherosclerosis) and narrowing of the arteries. This is well demonstrated in the low back, and in theory this translates throughout the remainder of the spine. If cholesterol is too high, simple diet changes or exercise can improve these numbers. However some high cholesterol is genetic and medications need to be used. One simple preventative action that you can take today is to have your annual physical with your primary physician to review cholesterol levels.

- Anthony



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ROSETO EFFECT

I read an interesting book by Malcolm Gladwell called Outliers that discussed a small town in Roseto, PA that had very little cardiac mortality. What was unique about this village was that they ate carbs, high-fat diets, and yet still were not being diagnosed with heart disease or dying at national averages. What saved them, it turns out, was a dense family structure and neighborhood support that allowed everyone to know everyone else, to work for a greater good, to all be present at the dinner table each night, and to lessen the stress they felt on a daily basis. The reality became heavy on this small town, though, where the next generation was pushed and pushed to get white collar jobs and sure enough, with increased stress, more distancing of neighbors, social status changing, and traveling more for work, the longevity dropped drastically to average all-cause cardiac mortality. The story really reminds us that while we can't remove stress completely, there should be a place for community, love with friends and family, and communal decompression over a meal when possible. More to come in future newsletters on meditation.

REGENERATIVE MEDICINE

One of the most difficult diagnoses we make in the clinic is that of discogenic back pain. It's a diagnosis of someone who has some intense aching that doesn't seem to be respective of position, meaning hurts sitting for too long, standing for too long, and hard to escape overall. With advanced imaging and a thorough history, the diagnosis can become more clear, but is regardless a very difficult condition to treat. It's something where tiny nerve fibers leave the vertebral body and enter the discs in the spine and when those are irritated, it can become a chronic condition. Sometimes, the bone itself will start to show inflammatory changes (called Modic change) and argues for a long term problem. In the 1980s fusion surgery was attempted to remove these painful discs with little to no improvement. Regenerative medicine, notably platelet rich plasma and bone marrow aspirate concentrate actually has been proven to have durable, two-year post procedural relief for this condition and has been an exciting option in our practice.

PHYSICAL THERAPY

Physical therapists are highly trained professionals who help to improve quality of life through exercise, hands on care and patient education. It has been proven that physical therapy can provide many short-term and long-term benefits. In the short-term physical therapy can help you recover from an injury and/or surgery, improve function, and reduce pain. Long-term, physical therapy can help provide you with the tools you need to prevent injury, prevent falls, maintain mobility, reduce healthcare costs and in some cases avoid surgery. It is important to find a physical therapist that listens to your specific goals and develops a unique treatment plan in order to achieve optimal results in physical therapy.

Shayli Scaletta, DPT, TPS

Shayli Scaletta is a physical therapist that has a special interest in treating spine and chronic pain. She is passionate about her work. She strives to continuously learn about the human body and the pain process in order to help patients improve their quality of life.