

**Victoria Family Chiropractic** [www.vfchiro.com](http://www.vfchiro.com)

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## Heartburn Hurts

Taking popular heartburn drugs as Nexium, Prevacid, or Prilosec for a year or more can markedly increase the risk of a broken hip in people over 50, a large study in Britain found.

Nexium, Prevacid, and Prilosec are members of a class of drugs known as "proton pump inhibitors". The study found a similar but smaller risk of hip fractures for another class of acid-fighting drugs called "H2 blockers". Those drugs include Tagamet and Pepcid.

The study, published in Wednesday's Journal of the American Medical Association, looked at medical records of more than 145,000 patients in England,

where a large electronic database of records is available for research. The average age of the patients was 77.

The patients who used proton pump inhibitors for more than a year had a 44% higher risk of hip fractures than non-users. The longer the patients took the drugs, the higher their risk was.

Nexium is the third largest selling drug in the world, behind the cholesterol medicine Lipitor and blood thinner Plavix, with global sales totalling \$5.7 billion last year, according to IMS Health.

[www.cbc.ca/health/story/2006/12/27/](http://www.cbc.ca/health/story/2006/12/27/)

## A Fresh Start

Do you have any New Year's resolutions? The New Year marks a time for many of us to evaluate our lives and gives us a good opportunity to change.

How do you feel about your health?

What could you change in your life to create a better version of yourself?

The magic thing about life is that we can change. We have more control over our health than we know. Our bodies are designed to heal and regulate themselves if we nourish our body with what it needs.

Whether you are an athlete or grandparent, your life impacts this world. However daunting change may seem, you have the ability to make it happen and the resources are there for you.

Here are some life navigation tips to keep the most important person alive happy, YOU!

1. Stop trying to be perfect. Nobody is perfect.
2. Be happy and satisfied with what you have. Comparing yourself to others will only bring you misery.
3. Be grateful to the people around you. Be thankful for even small favours.
4. Get regular chiropractic adjustments. A nervous system free of interference is essential for good health.
5. Help others. Even seemingly small contributions can give you and others happiness.
6. Re-assess your priorities and stay in the present. Don't waste time or energy regretting your past or worrying about the future.
7. Laugh aloud at least once a day and keep smiling. Try it now!  
Wishing you a magical 2007!!!

**HEALTH**

**IS NOT**

**A CHANCE,**

**IT'S**

**A CHOICE**



**Our mission is to educate that a properly functioning nervous system and healthy lifestyle are vital to achieving wellness. Change someone's life; have them get their spines examined today!**