

# Lasting Health Solutions

by BALLERINI CHIROPRACTIC



Dr. Dana J. Ballerini, D.C.

SUMMER 2016

## Inside this issue:

Diabetes—Are You at Risk? 1

The News is Not All Bad 2

Pharma Facts

Patient Success Stories 3

Summertime and Success! 4

**DIABETES - ARE YOU AT RISK? If you're overweight, sedentary or experiencing troubling symptoms, the answer could be YES-**

**The Centers for Disease Control** estimates that 23.6 million Americans, or about 8 % of the population, have diabetes. Approximately 24% of diabetes cases, about 5.7 million Americans, are undiagnosed. An additional 86 million people are estimated to have pre-diabetes, a condition where blood glucose levels are abnormally high—but not yet high enough to be considered diabetes. Over 50% of those with diabetes are age 60 and older, about 12.2 million seniors.

Diabetes is the fifth deadliest disease in the U.S. and the leading cause of kidney failure, adult onset blindness, and non-traumatic lower limb amputations. It is also a significant cause of heart disease and stroke—adults with diabetes have heart disease death rates 2 to 4 times higher and risk of stroke that is 2 to 4

times greater than non-diabetic adults. Overall, heart disease and stroke account for about 65% of deaths in people with diabetes.

Conservative CDC estimates predict that diabetes prevalence will increase 165% between 2000 and 2050. By 2030,—(Continued pg. 2)



**The following symptoms of diabetes are typical. However, some people with type 2 diabetes have symptoms so mild that they go unnoticed.**

### Common symptoms:

- Urinating often
- Feeling very thirsty
- Hunger, even if eating often
- Extreme fatigue
- Blurry vision
- Cuts/bruises that are slow to heal
- Weight loss— even though eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

**Early detection and treatment of diabetes can decrease the risk of developing the complications of diabetes.**

SUMMER



—(Continued from page 1)  
29 million Americans could have the disease. The alarming rise in obesity in the U.S. also significantly impacts diabetes prevalence.

### **HOWEVER, THE NEWS IS NOT ALL BAD.**

In fact, the latest research findings are revolutionizing diabetic treatments and optimizing outcomes.

Certified in Functional Neurology, Dr. Ballerini is uniquely qualified to employ the latest tools with this especially at-risk patient population, and is doing so with great success. Well-versed in handling diabetes naturally, Dr. B can help you determine your best course of action.

## **PHARMA FACTS**

The nation's seniors are especially at risk for medication-related problems due to physiological changes of aging, higher incidence of multiple chronic diseases and conditions, and greater consumption of prescription and over-the-counter medications.

The economic impact of medication-related problems in persons over the age of 65 now rivals that of Alzheimer's disease, cancer, cardiovascular disease, and diabetes. Medication-related problems are estimated to be one of the top five causes of death in that age group, and a major cause of confusion, depression, falls, disability, and loss of independence.

- Seniors represent just over 13% of the population, but consume 40% of prescription drugs and 35% of all over the counter drugs
- On average, individuals 65 to 69 years old take nearly 14 prescriptions per year, individuals aged 80 to 84 take an average of 18 prescriptions per year
- 15% to 25% of drug use in seniors is considered unnecessary or otherwise inappropriate
- Adverse drug reactions and noncompliance are responsible for 28% of hospitalizations of the elderly
- 36% of all reported adverse drug reactions involve an elderly individual
- Each year 32,000 seniors suffer hip fractures caused by medication-related problems

Source: Food and Drug Administration  
Report, 1996

**A study conducted by the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) also clearly demonstrated that lifestyle interventions reduced the risk of developing type 2 diabetes by 58%.**

**"Any symptom in an elderly patient should be considered a drug side effect until proven otherwise."**

-- J. Gurwitz et al.  
Brown University  
Long-Term Care Quality  
Letter, 1995.

**Concerned about symptoms? Diagnosed but still experiencing issues or worried about medication side effects? Call 714-544-3900 to schedule a Functional Medicine Evaluation with Dr. Ballerini and get your questions answered.**



## ***PATIENT SUCCESS !***

***“A layer of depression peeled away. Felt better mentally. My sleeping improved. I could sleep longer without waking up. From all this I feel my health has improved as well. Thank you for suggesting this treatment, Dr. Ballerini.”***

**— John C.**

***“I feel better daily. My eating habits have greatly improved. I will never eat the same as before. No need to take glucose medicine for diabetes.”***

**— R.A.**

***“My leg cramps are almost completely gone, the stabbing pain has left me and I have feeling in my feet and toes. The best part is I get to play with my granddaughter again. It is a miracle; I have my life back today!”***

**— Melissa T**

***“I particularly noticed a sense of well-being from my treatment. I have a very stressful job and this has been very helpful to me. I am better able to focus and I feel calmer. This has helped in my job as well.”***

**— VICKIE**

***“I noticed that my vision, actually my color contrast perception, improved. I used to feel more careful driving at night, but after the first treatment I could see better to drive. The effects have maintained, even months after treatment and Dr. Ballerini assured me they would continue to do so as long as I didn't have a new head injury.***

***Thank you and I'm glad my treatment has helped me so much and I'm able to spread the word to Dr. B's patients!!”***

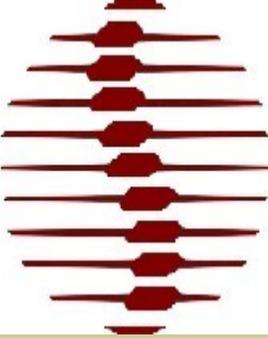
**— JACKIE**

***“I was an emotional eater. I weighed 243 lbs. My dress size was a 20, my skirt and pants were size 22. We changed the way we ate, cut out all the bad sugars, white starches, bad carbs and fried foods. My current weight is 156 lbs. and dress size is 10-12. My BMI was 43 and today is 26. My cholesterol levels are all normal. Praise God!”***

**— Deborah**

## **FIND OUT MORE**

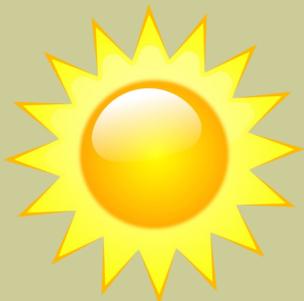
***For more information about revolutionary new non-invasive treatment options, please visit or call our office***



### David's Story —

"I was an overweight, unhealthy person with diabetes, high cholesterol and high blood pressure. I was at the time 283 lbs.

After working with Dr. Ballerini and losing 80 lbs. I no longer needed medication for diabetes. My primary doctor was completely blown away when he saw me. My lab results were awesome."



## Are your friends and family ready for summer?

### Let us help!

We appreciate referrals and pledge to take excellent care of your loved ones.

Call 714-544-3900 and our office staff will gladly take your referral's contact information for future mailings and answer any questions you or they may have regarding our services.



## OFFICE HOURS

<b>Mon.</b>	3:30 pm — 6:30 pm
<b>Tues.</b>	9 am — 12:30 pm
<b>Weds.</b>	3:30 pm — 6:30 pm
<b>Thurs.</b>	9 am — 12:30 pm & 3:30 — 6:30 pm
<b>Fri.</b>	<b>Closed</b>
<b>Sat.</b>	<b>By appointment</b>

Note: These are normal chiropractic hours.  
Extended hours for specialty care and trouble shooting difficult cases also available.

## Lasting Health Solutions

by **BALLERINI CHIROPRACTIC**

1442 Irvine Blvd. Suite #101, Tustin, CA 92780

**714-544-3900**

[www.ballerinichiropractic.com](http://www.ballerinichiropractic.com)