



MICHIGAN SPORTS & SPINE CENTER

Monthly Newsletter

November 2010

Welcome to the first edition of the Michigan Sports and Spine Center Monthly Newsletter! My staff and I will be bringing to you helpful information to maintain a safe and healthy lifestyle for you and your family. If there is anything in particular that you would like us to publish, please feel free to contact us on the phone, our website or our new Facebook page!

Sincerely,
Dr. Jeff Pierce

Michigan Sports & Spine Center is committed to eliminating your pain, not just temporarily masking it.

How much does fitness and staying active really affect your life?

The month of November brings us many things; fall colors, cooler air, holiday seasons and lots of eating! MSSC is here to assist you in making the right choices to create and maintain healthy lifestyles through proper eating and staying active.

November is also American Diabetes Month, a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control. Staying active can assist you in many ways whether you have diabetes or on the verge of getting it. Top 10 Benefits of Staying Active:



1. Lose weight and keep it off. Activity burns calories. If you burn enough calories, you'll trim a few pounds. Stay active and you'll keep the weight off.
2. Lower risk for other health problems. Reduce your risk of a heart attack or stroke, some cancers, and bone loss.
3. Lower blood pressure. Activity helps your heart pump stronger and slower.
4. Build stronger bones and muscles. Weight-bearing activities, such as walking, make bones stronger. Strength-training activities, such as lifting light weights (or even cans of beans), make muscles strong.
5. Be more flexible. Move easier when you are active.
6. Improve blood glucose management. Activity makes your body more sensitive to the insulin you make. Activity also burns glucose (calories). Both actions lower blood glucose.
7. Gain more energy and sleep better. You'll get better sleep in less time and have more energy, too.
8. Relieve stress. Work out or walk off daily stress.
9. Take less insulin or diabetes pills. Activity can lower blood glucose and weight. Both of these may lower how much insulin or diabetes pills you need to take.
10. Improve blood fats. Exercise can raise good cholesterol (HDL) and lower bad cholesterol (LDL) and triglycerides. These changes are heart healthy.

If you are interested in starting an exercise program but are limited by low back pain, neck pain, sports injury or any other musculoskeletal injury, give us a call now. We can treat your injury and get you started today.

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Services brought to you by MSSC

What is a Physiatrist?

A physician who specializes in physical medicine and rehabilitation. Physical medicine and rehabilitation refers to function and ability.

- Experts at diagnosing and treating pain
- Restore maximum function lost through injury, illness or disabling conditions
- Treat the whole person, not just the problem area
- Lead a team of medical professionals
- Provide non-surgical treatments
- Explain your medical problems and treatment plan

Work not only on treatment but also prevention. Rehabilitation physicians are nerve, muscle, and bone experts who treat injuries or illnesses that affect how you move. Rehabilitation physicians have completed training in the medical specialty physical medicine and rehabilitation (PM&R).

Rehabilitation physicians [treat a wide range of problems](#) from sore shoulders to spinal cord injuries. Their goal is to decrease pain and enhance performance without surgery. Rehabilitation physicians take the time needed to accurately pinpoint the source of an ailment. They then design a treatment plan that can be carried out by the patients themselves or with the help of the rehabilitation physician's medical team. This medical team might include other physicians and health professionals, such as neurologists, orthopedic surgeons, and physical therapists. By providing an appropriate treatment plan, rehabilitation physicians help patients stay as active as possible at any age. Their broad medical expertise allows them to treat disabling conditions throughout a person's lifetime.

[Two locations to serve you in Troy & Livonia](#)

[Michigan Sports & Spine Center](#) is a committed, comprehensive practice dedicated to overall health improvement, as well as injury rehabilitation and prevention. We believe in a non-surgical approach. We will do everything in our power to prevent you from surgery but when it is necessary, we'll make sure you get to the right surgeon. With patients ranging from high-profile athletes to everyday people, we are confident that we can not only relieve, but also resolve your pain.

www.michigansportsandspine.com



To find out about local events or monthly health tips visit our [website](#) or [Facebook](#)

facebook



What Patients Tell Us

Steve Guolia, Professional Hockey Player—"I've known Dr. Pierce and Michigan Sports and Spine since 2003. I played for the New Jersey Devils and I had a really bad back injury that stopped me from playing. I came to see Dr. Pierce and the professionals at Michigan Sports and Spine. They were helping me with my pain management, put me on a program to stabilize my back and I've now been playing hockey the last seven seasons."

"I recommend Dr. Pierce. If you have pain, he will help you. He's helped me immensely. I've seen it with my back, my wrist, and now my knee. As a professional athlete, you need to be at your highest level. When an injury occurs, you need to see the best doctors and the best therapists. I recommend you see Dr. Pierce and the staff at Michigan Sports and Spine."