



MICHIGAN SPORTS & SPINE CENTERS

Monthly Newsletter
June/July 2011

Summer has arrived! As your activities increase outdoors, there are many precautions that should be taken for your health for you and your family. Please remember to use proper sunblock, don't over do the gardening and yard work, stay hydrated and tend to any injuries as soon they occur to prevent long term issues.

Stay Healthy,
Dr. Jeff S. Pierce



"So many people spend their health gaining wealth, then have to spend their wealth to regain their health."

Summer Injuries and Treatment

Summer is here and many activities and sports are now moving outdoors. With an increase in outdoor activity also comes the possibility of abrasions. Many can be prevented by wearing protective equipment or clothing that covers the vulnerable areas such as the knees, elbows, and shins. Abrasions usually occur when an individual makes contact with a hard surface, causing the skin to be scraped away. These injuries are usually minor and do not limit playing time or the need for hospitalization. But if left unattended, they can become infected and be quite uncomfortable. Adhering to a consistent treatment regimen is the key to preventing infection of an abrasion injury and speeding healing time.

Care for an abrasion wound should include:

1. Clean the wound as soon as possible. Remember the surface you are playing on is far from sterile and these germs will go to work on that open wound immediately to cause infection. Remove any visible debris by flushing with fluid and sweeps of gauze.
2. Clean the wound site and area around it with an antiseptic solution.

248.680.9000

www.michigansportsandspine.com

Michigan Sports & Spine Centers

1819 East Beaver, Ste 210

Troy, MI

248.680.9000

18312 Middlebelt

Livonia, MI

248.426.9944

3. Cover the wound with a sterile dressing such as gauze or bandage. You may also want to apply an antibiotic ointment. Many people incorrectly feel you should keep the wound open to let it "air" or "dry" out. The air has no healing properties and contains germs and dirt particles that will only lead to infection. Also, by covering and protecting the wound, it has been shown you will speed the healing time.

4. Change the dressing and clean the wound at least once a day. By keeping the wound covered, you will also prevent it from sticking to clothing or sheets and becoming re-opened.

5. If the wound is not healing or has debris that does not remove easily you may need to see your physician. A tetanus shot may also be necessary for severe abrasions.

Most abrasions can be prevented with the use of proper equipment. The wounds I have treated usually result during pick-up play where equipment is not required and players are trying to keep cool. By following the above treatment protocol, most abrasions will remain a minor injury and heal nicely.

Find us on 

we'd like to be your friend!

Click on "Facebook" and give us a thumb's up to "LIKE" us. We'll provide you health & fitness tips, promotions, contests, events etc.



Physical Fitness & Sports Month

Spring into action during **National Physical Fitness and Sports Month**. Being physically active is extremely important and easier than you think. In the month of May the Presidential Council shined a spotlight on the important role physical activity plays in our Nation's health and wellness. Participation in sports can strengthen both body and mind, and all kinds of active pastimes can help improve physical and mental well being.

Michigan Sports & Spine and CORE Sports Fitness also encourages you to get moving, get involved and stay healthy. The summer months are a great time to start a new routine that fits your life and your schedule.

Significant health benefits can be obtained by including a moderate amount of physical activity.

- 30 minutes of brisk walking
- Raking the lawn and garden
- 15 minutes of walking
- 45 minutes of playing volleyball

Through the President's Council on Fitness, Sports and Nutrition, President Obama's Administration is encouraging Americans to make physical fitness and nutritious eating part of their daily lives. Regular physical activity and good nutrition are essential to staying healthy. A balanced diet and exercise can help reduce the risk of developing chronic and costly diseases like heart disease, diabetes, and obesity. For more information on the President's Council on Fitness, Sports, and Nutrition, and for tips on exercise and nutrition, visit: www.fitness.gov.

- Childhood obesity rates in America have tripled over the past three decades
- Nearly one in three children in our country is either overweight or obese.
- Children and teens need 60 minutes of activity a day for their health.
- Adults 18 and older need 30 minutes of physical activity on five or more days a week to be healthy.

With the help of adults serving as role models and encouraging positive behaviors, we can give our children the healthy future they deserve and turn around these troubling statistics.

Call CORE Sports fitness to help you find the right program.
248.619.0900

Meet our Staff

Barb Arthur is responsible for managing patient schedules, insurance verification, assisting with all billing procedures, and many other activities behind the scenes at the MSSC Troy Office. She is a highly valued member of the staff and typically the first one to greet you as you come in to the office. Barb volunteers at the annual Athletes Unlimited Golf outing for charity. She is a graduate of William Beaumont Hospital of Radiologic Technology. After many years of working in the field of x-ray, Barb was able to retire temporarily in order to follow her daughter's basketball career and her son's hockey. Barb resides in Royal Oak, MI with her husband, daughter and son.



Resources for a Healthy Lifestyle

CORE Sports Fitness - 248.619.0900
Sports Performance training for ALL!
www.coresportsfitness.com



CallMD.com - Care Smarter. Live Healthy.

Michigan Sports & Spine - Answering your questions about health and fitness
www.michigansportsandspine.com

Patient of the Month - John George

John George is a 68 years young Garden City resident. John was referred to Michigan Sports and Spine by Dr. Kevin Crawford. John has always been very active and loves to exercise. He hurt his back moving his mother in law. His back pain prevented him from participating in most of his normal activities. He started seeing Dr. Pierce and before you know it, was back to the life he had again before the back problems. The spinal injections helped John tremendously. He thought the staff did a wonderful job and would highly recommend the Michigan Sports and Spine team to anyone who has back pain.

Let us email this newsletter to you, please provide our staff with your email address or complete the form on our [website](#) and the next newsletter will be sent to you in the comfort of your own home!