

MILAN CENTER NEWS

Seasonal Newsletter

Summer 2018

Hydration

This year has been hot! With exercise in this heat, hydration is a must and there are a lot of misconceptions out there regarding what's best for hydration. Sugar (and electrolyte) sports drinks are often the center of this confusion.

These drinks don't have sugar in them just to taste sweet. The sugar and electrolytes are easily absorbed in your tummy and pull water with them - the concept we all heard about in high school science class: Osmotic Pressure. Without the sugar, these drinks would need a lot more salt to create this osmotic pressure gradient. Sugar free sports drinks won't work the same way.

With that said, if you aren't out there working out hard, the sugar is not a good idea. But for the young athlete that is really getting after it, all of that sweat needs to be replaced and drinks like Gatorade are easily accessible. Of course, please try to avoid the food dye, especially the red and blue dyes.

Welcome to our summer newsletter! Our newsletters will keep you informed on current topics in healthcare, updates to the clinic, and other matters related to chiropractic and your health. We hope that you are enjoying this hot summer we are having and spending time outdoors!

Sports Physicals

Ella Milanovich #11

August means school is right around the corner and with that comes participation in sports for our kids! This year we will be offering 2 events to complete the pre-participation sports physicals:

- Tuesday August 21st
- Tuesday August 28th



Bring in your school physical form or we can furnish you with an Oregon State Activities Association (OSAA) form here in the office. Sports physicals will be \$20 for existing families and \$40 for friends of existing families. Sports physicals include the following:

- Range of motion of your spine, arms, and legs
- Listening to your heart and lungs, taking your pulse and blood pressure
- Eye exam

If you are unable to make either of these events (because hopefully you are enjoying the last bit of summer), don't worry! We will still be able to perform a sports physical as part of our regular examination routine. Call today to schedule!

*Did you know that we are also able to evaluate your child if a concussion occurs? We can make recommendations regarding when it is safe to return to play and how to best recover and return to daily activities.

Online Scheduling!

We are now scheduling appointments online! Go to our website, www.themilancenter.com, and click on "Request Appointment". You will get a text or email confirmation. If we cannot accommodate your requested time, we will call you to find a time that works best.

Lake Oswego, OR 97035
16679 Boones Ferry Rd. Suite 105



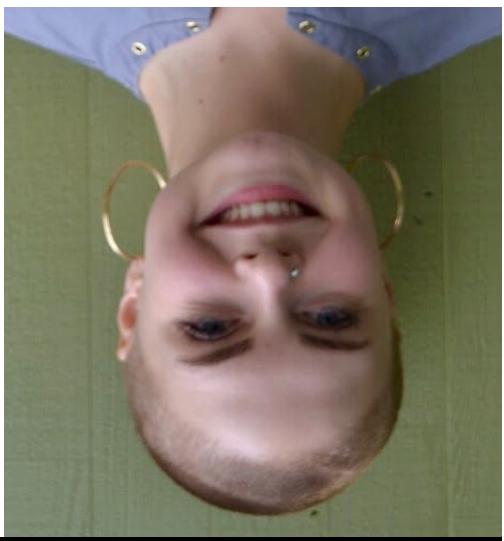
Hours & Info
Monday 8:30—5:30
Tuesday 8:30—5:30
Wednesday 8:30—5:30
Thursday 8:30—5:30
Friday 8:30—5:30
Saturday 8:30—5:30
info@milanovicheiro.com
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Healthcare tips by linking us
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stay up to date with

In This Issue:

Lindsey Lyons, LMT, CA
Lindsey received her training at Everest Institute in Tigard, Oregon. She had the opportunity to learn from multiple therapists in a variety of techniques. She is certified in Thai Massage and will be continuing her education in pregnancy massage. Lindsey was first introduced to massage when her career as a professional dancer for the International Basketball League ended due to a hip injury. However, this event is what turned her to the alternative healing path. Being a few years down the road now, she's joined the field eager to share the gift of living pain free. Understanding how important it is to live a full life without pain is what makes her so dedicated to helping you.



Employee Highlight