

# DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN

## ***Keeping YOU on the Leading Edge in Healthcare***

**HAPPY NEW YEAR 2007!** Welcome to another edition of our newsletter.

The information that Dr. Silverman has compiled and written is aimed at educating, enlightening, and even inspiring you to a better and healthier lifestyle! This e-newsletter is also intended to keep you updated with the most up-to-date information pertaining to chiropractic care and nutrition, keep you informed about our office's events and happenings, advise you on his seminars, and last but not least, to keep you in the loop with your favorite chiropractor!

### **PART I WHAT'S HAPPENING AT NEW YORK CHIROCARE**

#### **1) Accreditation**

Ever on the quest for more knowledge and keeping up with his zest for continuing education, Dr. Silverman has successfully completed a program to attain the title CIISN - Certified Sports Nutritionist from The International Society of Sports Nutrition. Ask him about this degree when you see him next!

#### **2) New Focus in Chiropractic Care**

Dr. Silverman is introducing a new chiropractic technique recently gained in a continuing education seminar on *Charrette Extremity Adjusting Protocols*. He received instruction on adjusting the upper and lower extremities by a chiropractor who is an expert in his field. The seminar featured a lecture and hands-on demonstration of how to adjust the most common abnormal patterns found in the feet, knees, hips, wrists, elbows, and shoulders.

#### **3) FirstLine Therapy (FLT)**

Due to his success with the FLT programs, Dr. Silverman was selected to instruct other doctors and healthcare providers, as well as sales/technical support teams at Metagenics\* on integrating FLT into their practices. Dr. Silverman was a featured practitioner in their November newsletter for achieving outstanding clinical outcomes with his patients.

\* Metagenics is one of the few professional nutritional supplement providers that manufacture formulas in their own facility that is independently certified for Good Manufacturing Practices – the ultimate mark of quality manufacturing. They also have one of the industry's most stringent infrastructures for quality assurance and control to ensure the purity and safety of every formula – so you'll receive the health benefits you expect. Metagenics is also the leader in nutritional scientific research. They have established the most sophisticated laboratories and research facilities in the industry.

#### **4) Nutrition Talk**

We've generated substantial interest and queries due to the success of FLT since Dr. Silverman started the program at his office. Due to this interest, he's decided to hold a small seminar to talk about the program and hold a Q & A session. Don't miss out on this if you want to start getting healthy and meeting your new year's resolution! You'll not only get some quality information but also get to sample some of the meal replacements that are included in the program.

*Please RSVP with the office. Seating is limited. Join us on:*

**Tuesday, January 30<sup>th</sup>, 2007 from 7:00 PM - 8:30 PM**

Office of Dr. Robert Silverman

280 Dobbs Ferry Rd., Suite 204, White Plains, NY 10607

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### **3) Syndicated TV Program - *Get Healthy with Dr. Rob***

*Get Healthy with Dr. Rob* is the name of the syndicated television program that Dr. Silverman has been doing. These programs aim to inform and educate the general public about some of the most up-to-date findings, and some of the most talked about topics on nutrition and sports injuries. Dr. Silverman periodically invites doctors and other health-oriented leaders of their fields for interview sessions.

A) **New Castle Channel 75** - Broadcasted from Ossining to Valhalla  
Tuesdays, Thursdays and Saturdays from 7:00 - 7:30 PM

B) **Town of Greenburgh**

- **Channel 75** Mondays from 6:00 - 6:30 PM

- **Channel 76** 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month from 7:30 - 8:00 PM

C) **White Plains Channel 76**

Mondays from 5:30 - 6:00 PM

D) **Scarsdale Channel 75 or 76 (public access channel)**

Wednesdays - multiple showings scheduled throughout the day. Please check for local listing

## **PART II**

## **ARTICLE**

The following article is printed on the cover of January 2007's issue of Dolphin Printing & Publishing Newsletter.

### **The Natural Approach to Healthy Blood-Sugar Metabolism**

By Robert G. Silverman, DC, DACBN, MS, CNS CCN, CSCS, CIISN

#### **Part I: The Importance of Healthy Sugar Metabolism**

Achieving and maintaining proper blood sugar metabolism is essential for a lifetime of excellent health. Prolonged unhealthy blood sugar metabolism can significantly affect the health of your eyes, blood vessels, kidneys, and pancreas. It can impact your weight, body shape, energy levels, blood pressure, cholesterol, triglycerides, overall cardiovascular health, and more. Over 60 million Americans have "insulin resistance", a form of unhealthy blood sugar metabolism that frequently goes unrecognized, but can often progress to the point where signs of significant health deterioration appear. Don't let this happen to you! It's never too early or too late to learn how you can achieve and maintain healthy blood sugar metabolism and experience the benefits of sustained good health<sup>1</sup>.

#### **Insulin Resistance and Syndrome X**

Insulin is a hormone secreted by the pancreas. It helps the body utilize blood glucose (blood sugar) by binding with receptors on cells, like a key would fit into a lock. Once the key (insulin) has unlocked the door, the glucose enters the cell. Glucose is either used for energy, or stored for future use in the form of glycogen in liver, or muscle cells.

Insulin resistance occurs when the normal amount of insulin secreted by the pancreas is not able to unlock the door to cells. To maintain normal blood glucose, the pancreas secretes additional insulin. In some cases (about 1/3 of the people with insulin resistance) when the body cells resist or do not respond to even high levels of insulin, glucose builds up in the blood resulting in high blood glucose or type-2 diabetes.

Another term heard in the news is (metabolic) Syndrome X. It affects 22% of adults today, with 33% affected between ages 50 - 59 and 43.5% ages 60 - 69. Syndrome X is a cluster of risk factors for heart disease associated with insulin resistance. If you have 3 out of 5 risk factors listed on the chart below, you will be classified with Syndrome X.

ATP-III Metabolic Syndrome

Risk Factor	Defining Level
<b>Abdominal Obesity</b> Men Women	<b>Waist Circumference</b> > 40 in. > 35 in.
Triglycerides	≥ 150 mg/dL
<b>HDL Cholesterol</b> Men Women	< 40 mg/dL < 50 mg/dL
<b>Blood pressure</b>	< 120/80 mm/hg
<b>Fasting glucose</b>	> 100 mg/dL

**Blood Sugar Metabolism Adversely Affects Cholesterol Levels**

People who are insulin resistant typically have an imbalance in their blood lipids (blood fat). They have an increased level of triglycerides (blood fat) and a decreased level of HDL (good) cholesterol. The triglycerides are elevated because “whenever a greater quantity of carbohydrates enter the body that can be used, the excess is rapidly converted into triglycerides”<sup>2</sup>. Triglycerides can ultimately convert into LDL (bad) cholesterol. Excess insulin can convert HDL to VLDL (precursor to LDL)<sup>3</sup>.

Some scientists think a defect in specific genes may cause insulin resistance and type-2 diabetes. Researchers continue to investigate the cause. What we do know is that obesity (1/3 of Americans are classified as) and physical inactivity are increasing in the US. Additionally, unhealthy diet consumption with excess sweets and refined and processed foods also contribute to blood-sugar disorders.

**Lab Tests - What They Reveal**

**Blood glucose** - high blood glucose may be a sign that your body does not have enough insulin or does not use it well. However, a fasting measurement or oral glucose tolerance test provides more of precise information.

**Insulin** - an insulin measurement helps determine that a high blood glucose reading is the result of insufficient insulin or poor use of insulin.

**Fasting glucose** - your blood glucose level should be lower after several hours without eating. After an overnight fast, the normal level is below 100 mg/dL. If it is in the 100 - 125 mg/dL range, you have impaired glucose or pre-diabetes. A result of 126 mg/dL or higher, if confirmed on a repeat test indicates diabetes.

**Glucose tolerance** - your blood glucose level will be higher after drinking a sugar solution, but it should still be below 140 mg/dL 2 hours after the drink. If it is higher than normal (in the 140 - 149 range) 2 hours after drinking the sugar solution, you have IGT or pre-diabetes. A level of 200 or higher, if confirmed, means diabetes is already present.

**Hemoglobin A1c** - is a simple lab test that shows the average amount of sugar (glucose) in a person’s blood over the last 3 months. It is now considered one of the best testing for blood-sugar control.

**Fructosamine** - measures short-term control of blood sugar for the past 1 - 3 weeks.

**VAP Cholesterol Test** - the most comprehensive lipid panel available. This panel identifies the size of LDLs and the prominence of non-HDL cholesterol, both of which are better predictors of heart disease risk than LDL alone.

### **Blood Sugar in the News**

The Lancet, Nov. 11, 2006 reported that *High Blood Sugar is a Global Killer*. A Harvard study shows that 3.16 million deaths occur per year due to high blood sugar. High blood sugar is among the world's top five killers and is one sign that a person is on the road to diabetes. All good reasons to pay attention to your diet and lifestyle which will be discussed in next month's edition of this newsletter.

"Those who think they have no time for healthy eating will sooner or later have time for illness".  
*Edward Stanley*

#### **Sources:**

<sup>1</sup> Metagenics.com. Blood Sugar Management Programs

<sup>2</sup> Medical Physiology, Guyton, 7<sup>th</sup> Edition, p. 819

<sup>3</sup> Swenson, FL. Diabetes Metabolism Review 1991; 7: p. 139-153

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Dr. Silverman would love to hear from you. Feel free to send us an e-mail if you have any suggestions, ideas, comments, or if you have any relevant questions that you would like posted on the newsletter.

Please respond to [info@DrRobertSilverman.com](mailto:info@DrRobertSilverman.com)

### **"Creating Health for Future Generations Starting Now"**

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*Dr. Robert G. Silverman graduated Magna cum Laude from the University of Bridgeport, College of Chiropractic. He is a Certified Nutrition Specialist, Certified Clinical Nutritionist, has a Masters of Science in Human Nutrition, is a Certified Strength and Conditioning Specialist, and is a Diplomate with the American Clinical Board of Nutrition. Dr. Silverman is also a Certified Sports Nutritionist from The International Society of Sports Nutrition. He has a full-time successful private practice in White Plains where he specializes in the diagnosis of joint pain and its treatments with an innovative, established and well-researched approach to non-surgical care while incorporating proper nutrition protocols. Dr. Silverman is one of the few practitioners in Westchester County who is certified in the highly acclaimed, medically patented, Active Release Non-Force Soft Tissue Technique (ART®), and also the cutting-edge Graston Technique®, which is an advanced form of instrument-assisted soft tissue mobilization technique that has FDA clearance. He serves as a member of the medical team of New York City's Triathlons and Marathons, and the Westchester Triathlon. Periodically, Dr. Silverman gives seminars on injury-related preventions, treatments and nutrition for various organizations and corporations. He also serves as a chiropractor and sports injury consultant for basketball players, professional wrestling organizations, local and collegiate sports teams, professional tri-athletes, body-builders and martial artists. He appears on Westchester's channel 76 - Beyond the Game, as a sports injury consultant and also as a pain-management and nutrition consultant on radio 1460 AM. Aside from his own syndicated talk show on Westchester's channel 75 called "Get Healthy w/ Dr. Rob", Dr. Silverman was also a featured guest on Westchester's Channel 12 as their Nutritional Weight Loss expert. In addition, Dr. Silverman has been chosen as the national spokesperson for the Vitamin Ester-C, and is the team doctor for Amino Vital pro-cycling team. He is currently enrolled in the prestigious program for a Diploma in Sports Nutrition with the IOC - International Olympic Committee.*

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