

DOCTOR'S CORNER

Robert G. Silverman, DC, MS, CNS, DACBN, CCN, CSCS, CIISN, CKTP, CES
"Creating Health for Future Generations Starting Now"

Keeping YOU on the Leading Edge in Healthcare

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 abreast 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 and nutritionist!

PART I WHAT'S HAPPENING AT NEW YORK CHIROCARE

1) In-House Seminars - this is one you won't want to miss!

When: November 19th, 2008: 7:00 PM - 8:15 PM (and on every third Wednesday of the month)

Where: 280 Dobbs Ferry Rd., Ste. # 204, White Plains, NY 10607; ph: (914) 287-6464

What: *Cholesterol: the Good, the Bad, and the Healthy Diet...How Healthy is Your heart?*

Lower your cholesterol without the side effects of prescription drugs. Learn "must-knows" about lab tests, the "blood sugar/cholesterol" connection, diet, and supplements that can really help.

Wow!: All day on Talk Days - take 10% off all nutritional supplements, and 10% off all nutritional programs when you start on this day

December 17th topic: "Reading Food Labels for Optimal Health"

Learn the hidden secrets food manufacturers don't want you to know. Eating is something we do every day. Isn't it about time you learned the facts that will protect you and your family's health?

2) 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 1st and 3rd 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 FYI

'Western' Diet Is a Global Heart Risk

Fried and Salty Foods Are Bad for the Heart Wherever You Live

By Julie Edgar

WebMD Health News

Reviewed by [Elizabeth Klodas, MD, FACC](#)

Oct. 20, 2008 -- Globalization hasn't been good on the heart, according to a new study reported in *Circulation: Journal of the American Heart Association*.

The INTERHEART study, funded by the Canadian Institutes of Health Research, shows that the risk of heart attack crosses geographic boundaries and correlates strongly to the so-called Western diet that favors salty snacks and fried foods, and to a lesser extent, meat.

The risk, spread over five continents, is 30% higher for those who eat a Western diet, the study shows, than for those who adhere to a "prudent diet," or one rich in [fruits and vegetables](#). An Oriental diet, which is high in tofu and other soy products, doesn't seem to lower or raise heart attack risk overall, according to the study.

Researchers out of McMaster University in Ontario, Canada, examined dietary trends among more than 16,000 participants in 52 countries who were recruited between 1999 and 2003. One-third of the participants, or 5,761 people, were interviewed after having a single heart attack; the remaining 10,646 had no known heart disease, including angina, and did not suffer from diabetes, hypertension, or [high cholesterol](#). The mean age of participants was between 53 and 57 years old.

The study categorized eating patterns as Western, Oriental, and prudent. Participants answered written questions and were interviewed by medical personnel about their consumption of 19 food categories, including leafy greens, pickled foods, dairy products, and desserts. All answers were scored according to dietary risk. The study accounted for other risk factors like smoking, [body mass index](#), age, [physical activity](#), sex, and geographical region in assessing overall heart attack risk. It did not track long-term changes in regional eating habits and their link with health problems.

Researchers concluded that the higher the regular intake of fried and salty foods, the higher the risk of heart attack regardless of which region of the world one resides in; prudent dietary habits carried the lowest risk. An Oriental diet seemed to be protective against heart attack in some regions of the world, but was not the best hedge overall, perhaps because of the high salt content of soy and other sauces common in the dining choices.

"The objective of this study was to understand the modifiable risk factors of heart attacks at a global level," says Salim Yusuf, DPhil, the study's senior author. "This study indicates that the same relationships that are observed in Western countries exist in different regions of the world."

Yusuf is a professor of medicine at McMaster University and is director of the Population Health Research Institute at Hamilton Health Sciences in Ontario, Canada.

The study acknowledges that serving sizes and preparation technique (the type of fat used in cooking, for example) could play a role in increasing heart attack risk in participants adhering to a Western diet.

"Good health begins with prevention" Smart patient

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

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, and is a Certified Kinesio Taping Practitioner and a NASM-certified Corrective Exercise Specialist. He specializes in the diagnosis of joint pain and soft-tissue management and its treatments with an innovative, established and well-researched approach to non-surgical care, while incorporating proper nutrition protocols. He is board certified in Active Release Technique® (ART®), Graston Technique®, and cold-laser therapy. Dr. Silverman is a nationally known speaker, and has published numerous articles on treating and preventing sports injury, joint pain, and on nutrition, in addition to giving seminars on injury-related preventions, treatments and nutrition for various organizations and Fortune 500 corporations. He is a post-graduate instructor at the University of Bridgeport, College of Chiropractic. Dr. Silverman also serves as a chiropractor and sports injury consultant for basketball players, professional wrestling organizations, local, collegiate, and professional sports teams, professional tri-athletes, body-builders, martial artists and acted as the team doctor for the Amino Vital pro-cycling team. He serves as a member of the medical team of New York City's Triathlons and Marathons, Westchester Triathlon, multiple international Iron Man events, and local sports venues. Dr. Silverman appears on Westchester's channel 76 - Beyond the Game, as a sports injury consultant, and as a pain-management and nutrition consultant on radio 1460 AM, and as a health expert on 1230 AM "Ask the Expert". He has his own syndicated talk show on Westchester's channel 75 called "Get Healthy w/ Dr. Rob". In addition, Dr. Silverman was also a featured guest on Westchester's Channel 12 as their Nutritional Weight Loss expert and was also chosen as the national spokesperson for the Vitamin Ester-C.

Dr. Robert G. Silverman (914) 287-6464 e-mail: info@DrRobertSilverman.com website: www.DrRobertSilverman.com