

MILAN CENTER NEWS

Seasonal Newsletter

Fall 2016

Supplement Corner: Multivitamins

Multivitamins come in all different shapes, sizes, and most importantly QUALITY. Multi-vitamins try to pack in as much quantity of vitamins into a small portion, so sometimes quality is lost. Most vitamins come in a couple of forms, with some being significantly better, easier to digest, and thus more compatible with the body. Listed below are some of the more important vitamins and their forms that should be listed on the back of the bottle.

- Vitamin B12: methylcobalamin
- Vitamin B9: folate
- Calcium: calcium citrate or calcium malate
- Vitamin D: around 1000 IU
- Vitamin E: as d-alpha tocopherol
- Magnesium: magnesium malate or magnesium glycinate

If you have any questions about your current vitamins, or would like a suggestion on a good quality brand to buy, make an appointment with us. With the cold and flu season upon us, vitamins are essential.

Welcome to our fall 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. The weather is beginning to turn, it is getting darker earlier, and the cough and cold season is upon us. Keep your spine aligned and keep yourself well.

Fall = Rain = Car Accidents

Fall is upon us and with it comes shorter days and the invariable increase in our favorite Portland weather....RAIN. With rain on our roadways and the ever increasing traffic in the Metro Area, car accidents can be unavoidable. However, please remind your friends and loved ones to take extra care during these times and follow these tips:

Increase Following Distance. Wet roads, especially when mixed with oils from other cars, makes for longer stopping distances.

Turn Your Lights On. Low light conditions due to short days and long nights as well as fog and rain hamper visibility. Don't forget to help other drivers see you by keeping your lights on even during the day.

Check Your Tire Pressure. Low tire pressure can decrease your tires grip on the road and change your control through corners. Don't just check your pressure, remember to check the pressure of your mom's car or your child's vehicle too because chances are they aren't thinking about it. (It's always a good idea to check the pressure of your spare as well to make sure it will work when you need it.)

Safety Supplies. No one thinks they will need it until they wish they had it....Keep some basic safety supplies in your vehicle this winter such as a blanket, flashlight with fresh batteries, gloves, water, and a first aid kit. Being able to signal others for help and having some basic things to comfort those injured can be a life saver.

If you or any of your friends and family are hurt in a car accident this year, please know that we can help. We have been treating these types of injuries and related insurance claims for years. Our Chiropractic Physicians, Massage Therapists, and Office Staff have the experience to guide you through these challenging, stressful, and confusing accidents.

Did you know?

Kinesiotape

Did you notice some colorful tape on the arms and legs of athletes at the Olympics this year? This is called kinesiotape and it is used to decrease pain, decrease inflammation, and improve function. This lets you move more and movement helps make you better!

Talk to us about kinesiotape and what it can do for you next time you are in the office.



Dr. Peter Milanovich, LPT, DC

Dr. Peter Milanovich is not only a chiropractor, but a licensed physical therapist as well. That gives him a very unique skill set to help our patients. Dr. Pete has been practicing since 1981— over 35 years of experience! He graduated from the Mayo Clinic with his physical therapy degree and from Western States Chiropractic College (now called University of Western States) with his doctorate of chiropractic. He enjoys working with patients of all ages and enjoys getting to know the whole family. His treatment style uses diversified adjusting techniques, flexion-distraction, and exercise therapies. When not in the office, Dr. Pete enjoys gardening, fishing, cooking, and spending time with his family.

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Milan Center Chiropractic
— to stay up to date on
the latest news, office
events, raffles, and more!*

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

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Visit us on the web at

www.themilancenter.com



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Chiropractic

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