



# NEWSLETTER



J.M. Littlejohn



J. Wernham

## Message from the Editor

Within this initial message from the editor it is essential that we introduce the detailed list of action steps and future direction both this newsletter and the OOA will be heading in the next couple of months. Osteopathy in Ontario is currently in a great place. The profession is growing with respect to the number of graduating professionals and the public's awareness in regards to the quality of care Osteopathy can provide. This ground breaking newsletter is brought to you by the volunteer board members who have dedicated at least the next two years to the future of the OOA. Each member specializes in a particular area of OOA development. This will ensure that the profession of Osteopathy is represented appropriately, protected and presented in a variety of formats to the public which

will entrench in their minds the quality of health care that Osteopathy has established. This newsletter will be a forum for us to communicate with the OOA members regarding the status of our initiatives. It will also serve as an educational platform. One role of the OOA board members is to provide public education about Osteopathic manual practices and ensure that the strictest standards are upheld by practicing clinicians. This will be accomplished by confirming that all professional members are upgrading their educational requirements through Continuing Osteopathic Education (COE's) credits. In addition, it is the responsibility of the board to build respectful relationships with all insurance companies, other allied health professionals and the general public. - The Editor

### Osteopathy on Rogers Television

Friday March 11th, 2011  
Jared Postance, the OOA Public Relations Director, spoke about the profession of Osteopathy in Ontario with Daytime Toronto's Host Val Cole. Daytime Toronto is a lifestyle entertainment talk show that reflects Toronto's culture diversity and grassroots communities. The focus of the discussion was to clear up any questions the public may have regarding the profession of Osteopathy and its position in the health care system. The OOA will



proudly display the interview on their website for the public to view.



## OOA MEMBER CLINIC PREVIEW



*“An Osteopath is only a human-engineer; who should understand all the laws governing his engine and thereby master disease.” - Autobiography of A.T. Still, A.T. Still D.O 1897*

The **Kingsway Naturopathic and Osteopathic Medical Clinic** is the new home for Paths to Vitality. **Nancy Medeiros**, M.OMSc, DOMTP, DOMRO and **Jared Postance**, M.OMSc, DOMTP, DOMRO have joined forces with Nadia Arnone, ND and Kerry Barlow, ND to provide alternative health care for the Kingsway area located near Royal York and Bloor in Toronto, Ontario. The **KNOMC** provides the perfect environment for patients to receive the both osteopathic manual therapy as well as naturopathic medical counseling.

### **Paths to Vitality**

P2V is dedicated to promoting health and wellness to their patients by guiding them to find a balance in their spiritual, emotional and physical lives. The creators of P2V believe that patient care must encompass an evaluation of this triad before true health and wellness can be achieved. Both Nancy and Jared strive to provide their patients with the most up to date Osteopathic manual therapy. We promise to continue developing both our theoretical and manual practice for without this commitment we will not succeed at providing the public with the professionalism they deserve.

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### CONTACT INFORMATION

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### OSTEOPATH OF THE MONTH - DR ANDREW TAYLOR STILL

Dr Andrew Taylor Still is our first Osteopath of the month. Dr Still’s contribution to the medical profession is undeniably one of the greatest to have evolved over the past 200 years. Without his perseverance and dedication to perfecting Osteopathy under constant scrutiny from his peers we would not have the professional we practice today. He is our hero, our mentor and the father of the profession we hold so dear.



This section of the newsletter will not just cover the amazing contributions of Osteopaths from the past but from the talented clinicians that also practice today. We will be looking over the next couple months for stories and testimonials about the wonderful achievements Osteopathy has brought to its patients. Each month we would like to highlight the accomplishments of one specific practitioner in their battle for health and wellness. Please submit your reports for review today.

## The Tonsils

Andrew Taylor Still once said “we strike at the source of life and death when we go to the lymphatics.” This article is one in a series that will explore the lymph glands of the human body.

The tonsils are a very misunderstood, often ignored and generally mistreated lymph gland. A proper definition of this tissue is hard to find because most are so vague and lacking in a proper explanation of the importance of this tissue. The best way to research tonsils is to search the Waldeyer’s Ring. This ring consists of the palatine tonsils, the pharyngeal tonsils also known as the adenoids, the lingual tonsils and the tubal tonsil (located where the Eustachian tube opens in the nasopharynx).

The tonsils receive blood supply from the tonsillar artery, the ascending pharyngeal artery, the tonsillar branch of the facial artery, the dorsal lingual branch of the lingual artery, and the ascending palatine branches of the facial artery. The venous blood drains into the peritonsillar artery, through the lingual and pharyngeal veins and finally emptying into the internal jugular vein. The tonsils are drained by the jugulodigastric nodes and upper deep cervical lymph nodes as well as the retropharyngeal lymph nodes. The glossopharyngeal nerve and tonsillar branches of the maxillary nerve provide innervation to the tonsils.

Congestion in this area leads to a common disorder called tonsillitis. Tonsillitis is an inflammation of the tonsils that is usually accompanied with a fever, and enlargement of the gland. Charles Hazzard, D.O. claims that lesions of the atlas, axis and third vertebrae affect the fifth nerve through many connections with the superior cervical ganglion. Lesions in these area obstruct the circulation through the carotid arteries and internal jugular vein. He also believes that the lower vertebrae will be found luxated and there will be contracture of the posterior and lateral cervical tissue.

McConnell and Teall agree with Hazzard when designing treatment for the reduction of inflammation in the tonsils. It should occur often and should be directed at the lesions of the cervical sympathetic connections at the fifth cervical nerve. Relaxation of the cervical muscles by applying a downward, forward firm treatment from the inferior maxillary to the anterior median of the body is very effective. This inhibition of the anterior lateral cervical musculature

should free up circulation in the carotid and internal jugular veins.

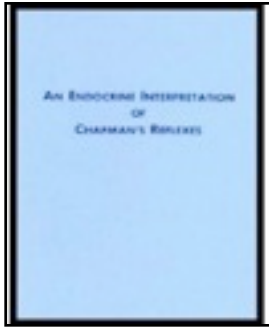
Attention must also be paid to the bowels and excretory organs to keep them active so that they can aid in the removal of waste. Thorough spinal treatment in particular to the upper dorsal region and upper ribs is important for tonic effect.

Dr Still made numerous remarks regarding the importance of maintaining perfect drainage. He stated that we can expect inharmony in the circulation of the blood to the head and face if by some accident the bones of the neck are thrown at variance from the normal. With this known fact he claimed to have a cause for enlarged tonsils and other head diseases. In another argument he declared that the lymphatics gets filled with impure and unhealthy fluids long before any disease makes its appearance. This was the cause of at least ninety percent of the disease that allopathic medicine labours to relieve with pharmaceuticals.

## References

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## BOOK REVIEW



This month we are going to discuss *An Endocrine Interpretation of Chapman's Reflexes* by the Interpreter Dr. Charles Owen. As described in the book, the original MS was completed by Frank Chapman D.O. just prior to his death and left to his wife Dr Ada Chapman, Dr Link and Dr Owens to interpret and present his findings. This is a great book to add to your reference library. The book begins with a forward by Fred

Mitchell who had the pleasure of working with Dr Owen. Fred Mitchell describes his own personal usage of Chapman's Reflexes and their efficacy in treatment. There is a small introduction from Frank Chapman himself which is excellent because it provides the reader with a much better sense of why this topic appealed to him. The remainder of the book provides a practitioner a precise plan as to how to use this technique in their patient examination. We are also given a brief physiological review and 48 specific treatments for a wide variety of endocrine related ailments. In addition, each page leaves room for the practitioner to record their own findings. This is not a lengthy read but it is just filled with very important clinic information that would be extremely useful to a clinician.

### OOA Quality Assurance Program

Continuing Education Requirements (COE credit's)

Continuing education is required to maintain a professional membership in good standing with the Ontario Osteopathic Association.

To be eligible for membership renewal in 2012 a minimum of 15 continuing osteopathic education credits are required.

Credits can be obtained from 3 categories.

#### A - Osteopathic Principles and Practice

Credits are obtained by attendance to approved courses, lectures and workshops at an established osteopathic academic program. One hour of attendance in this category is equivalent to one credit.

#### B - Health Science

Credits are obtained by attendance to approved courses, lectures and workshops with the field of health sciences at an established academic institution.

#### C - OOA Lectures/Author Articles

Credits are obtained by attending a lecture or workshop hosted by the OOA. A member can also present applicable material at a workshop or author articles for the newsletter.

## Calendar

**June 3,4,5,6,7, 2011**

28th International Symposium of Osteopathy in Montreal

The success of our symposium rests on the pleasure of mingling in the company of very experienced as well as newly graduated osteopaths, students from Canada and all over the world, to find efficient solutions for patients and to share ideas and experiences. It is an excellent opportunity to develop palpation skills, to learn new osteopathic therapeutic methods, to meet experts capable of answering our questions. Through the years, Montreal has become a place where the beginning of June is a celebration of Osteopathy. Here you will find a convergence of science, philosophy, humanity, pleasure and competence. This is our main objective.

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