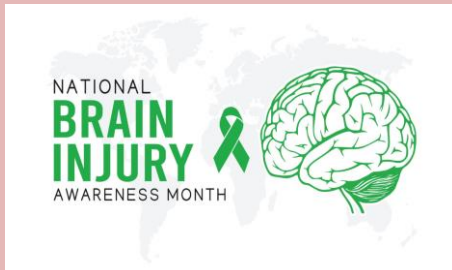


## In This Issue

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- Thyroid Awareness Month



## Brain Injury Awareness Month

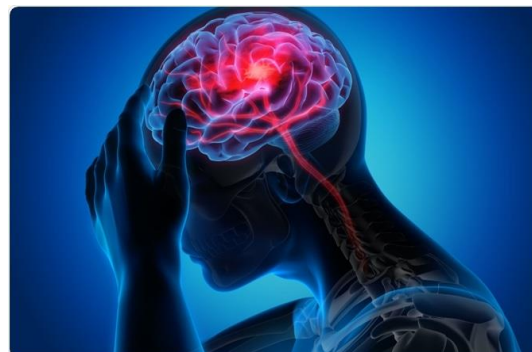
A traumatic brain injury (TBI) results from an external physical impact to the head resulting in an alteration in brain function.

A mild traumatic brain injury (MTBI) is often referred to as a concussion. Although this injury is categorized as “mild,” it doesn’t mean it shouldn’t be taken seriously.

Up to 15% of people diagnosed with a concussion may have lasting symptoms.

These symptoms include:

- Fatigue
- Changes in sleeping pattern
- Dizziness
- Nausea
- Anxiety or depression
- Sensitivity to light
- Visual or hearing disturbances
- Difficulty concentrating



## Accelerated Health & Wellness Centre

### Mission Statement

Our mission is to provide a positive and healthy environment to accelerate our patient's health by incorporating a wide range of health care services.

### Patient Care Commitment

During your visit, our health care professionals will take the time to provide an accurate diagnosis and customized treatment plan to quickly return you to an active and healthy lifestyle. All our professionals specialize in manual therapy techniques and have expertise with Graston, Active Release Therapy (ART), Acupuncture and Dynamic Decompression. We stay up to date with the latest and most effective treatments, equipment, and products available to provide the best service possible.

Our services include:

- [Physiotherapy](#)
- [Chiropractic](#)
- [Vestibular Rehabilitation \(Vertigo and Dizziness\)](#)
- [Occupational Therapy](#)
- [Naturopathic Medicine](#)
- [Massage Therapy](#)
- [Concussion Management](#)
- [Laser Therapy](#)
- [Acupuncture](#)
- Spinal Decompression

Treatment is based on the severity of the injury. MTBI's usually require no treatment other than rest and over the counter pain relievers to treat headaches.

At times, rehabilitation may be required to relearn basic skills such as walk or talking. There are rehab specialist trained in treating brain injuries. These include, but aren't limited to:

**Physiatrist**-a doctor who oversees the entire rehab process

**Occupational Therapist** – helps the person learn, relearn or improve skills to perform activities of daily living

**Physical Therapist** – helps with mobility and relearning movement patterns, balance and walking.

**Speech and Language Therapist** – helps the person improve communication skills and use assistive communication devices if necessary.

These are just a small number of trained professionals who can help in the rehabilitation of a brain injury.

**At Accelerated Health and Wellness, we have trained professionals in the Shift Concussion program. They are qualified to diagnose, treat and implement an exercise regimen for a patient who has suffered a traumatic brain injury.**



- Osteopathy
- [Custom Orthotics](#)
- [Custom Sports Bracing](#)
- Medical Compression Garments
- Hot Stone Massage Therapy

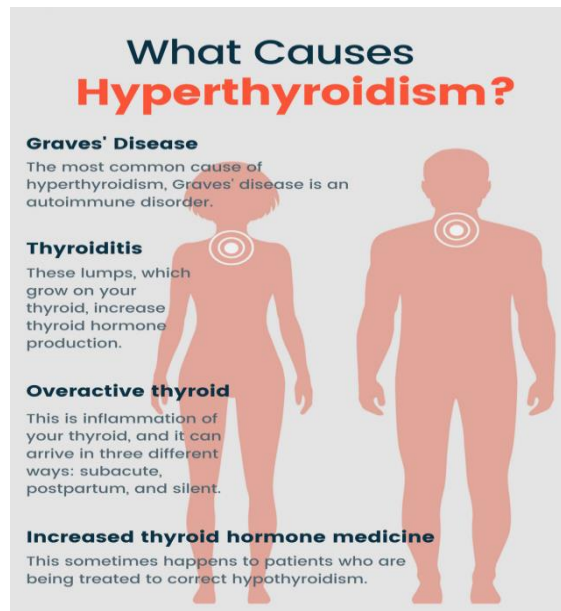
## JUNE IS THYROID AWARENESS MONTH

Thyroid disease takes on many forms, including nodules and thyroid cancer. It is a general term for a medical condition that keeps your thyroid from making the right amount of hormones.

If your body produces too much thyroid hormone it is called *HYPERTHYROIDISM*. If it makes too little it is called *HYPOTHYROIDISM*

Signs and symptoms of **Hyperthyroidism**:

- Weight loss
- Anxiety
- Rapid forceful heartbeat
- Fatigue
- Depression
- Tremor
- Eye changes

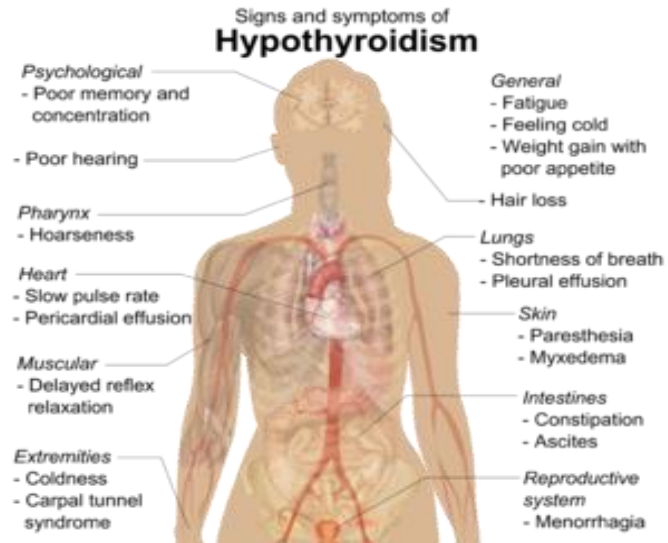


Some **treatment** methods for Hyperthyroidism include:

- Radioactive Iodine which shrinks the thyroid gland causing it to release fewer hormones
- Beta Blockers which help to alleviate symptoms. It does not change the amount of hormones released, but instead the way the hormones affect the body
- Thyroid surgery. A thyroidectomy is removal of the entire thyroid gland. This is only performed if a patient cannot take any thyroid medication.

## Signs and symptoms of Hypothyroidism:

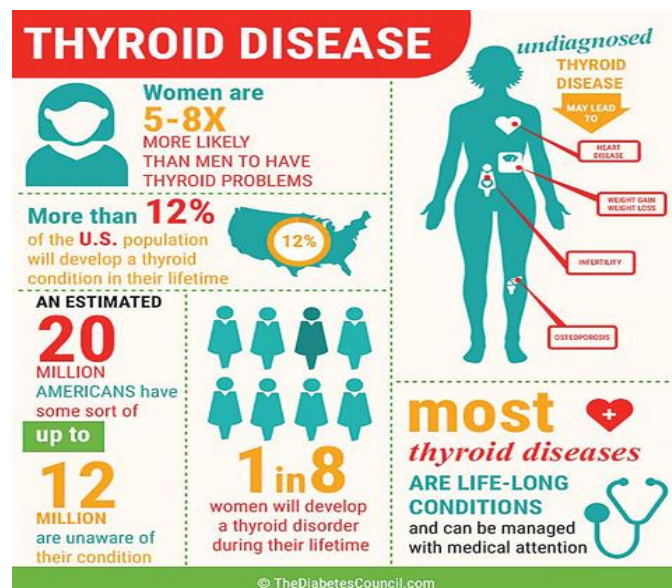
- dry skin
- goiter
- depression
- fatigue
- sensitivity to cold
- weak slow heartbeat



## Treatment of Hypothyroidism

Hypothyroidism is a lifelong condition. For many people, medication reduces or alleviates symptoms. It is best treated by using *levothyroxine*.

The medication is designed to return proper levels of thyroid hormone to your blood. Once restored, symptoms are likely to disappear or become much more manageable.



## Coronavirus update;

We are now operating in the **Stay at home order**. This means our waiting room is currently NOT open and our gym is partially open. We still ask that you arrive for your appointment no earlier than 5 minutes before your start time unless stated otherwise.

**Please be aware there are several new safety measures in effect.**

Each patient will need to complete a verbal screening when entering our clinic.

Please sanitize your hands upon arrival; the administrator will direct you to the room. ( newly installed plexi glass is at the admin desk – please pay by card)

All appointments are required to bring in and wear a mask during your therapy.

All of our physicians and RMT's will be wearing the appropriate governed PPE for their position.

Cleanliness routines have been revised due the coronavirus mandates on the Ontario website governed by our colleges.

We can't wait to see you! Please call for an appointment or any questions you may have.

*Thank you for taking the times to read our Newsletter.*

*As always, Go in Good Health!*

**Contact Us:**

**Accelerated Health &  
Wellness Centre**

**130 Hwy 20 East , Unit A3**

**Fonthill Ont**

**L0S1E6**

**Office Phone (289)897-9099**

**[www.acceleratedhealthcentre.com](http://www.acceleratedhealthcentre.com)**

**[info@acceleratedhealthcentre.com](mailto:info@acceleratedhealthcentre.com)**

