



## April Special

### AWAKEN SEA SALT SCRUB

Our patients love "scrubbing in" with this cleansing exfoliate that also moisturizes. Now is your chance to stock up for yourself and gift-giving.



During April, we're offering 20% off the regular price. It's also a great way to get your feet ready for sandal weather!

### TELL A FRIEND

If you enjoy being a member of our practice, spread the word. For less than what most people pay for cable each month, they can have access to the exceptional care you're enjoying along with wellness opportunities and an enhanced menu of service. Forward this newsletter or a link to our web site and encourage them to come for a visit. [www.burickcenter.com](http://www.burickcenter.com)

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## MANY WHO HAVE IRRITABLE BOWEL SYNDROME ARE *undiagnosed*

Irritable Bowel Syndrome (IBS) is a common disorder of the large bowel or colon in which there are abnormal contractions, experienced as pain or discomfort. If you have IBS, you might experience a change in your bowel habits including diarrhea, bloating or even constipation caused by the removal of water in the stool by the colon. This is not a disease process, but a disorder that most commonly begins in young individuals and can wax and wane over years. IBS does run in families. IBS is not linked to an increased risk of cancer. IBS however, can be linked to the development of diverticulosis.

The most common risk factor associated with IBS is a heightened emotional and physical response to stress. People with IBS have an "overly sensitive" bowel in which emotional responses can lead to physiologic changes in the gut. These include increased motility, mucous production, increased gas production and pain.

IBS is a diagnosis of exclusion. Other conditions should be ruled out prior to the diagnosis being made. Usually, some form of endoscopy should be done, as well as labs and or stool testing.

Treatment may include, fiber supplementation, dietary modifications (i.e., avoiding the foods that set off the IBS.), increased exercise, and stress reduction techniques.

### Tip:

For many people, careful eating reduces IBS symptoms. You might try to keep a journal noting the foods that seem to cause IBS symptoms. You can then discuss your findings with your doctor. Our nutritionist may help you develop a plan to modify your diet while making sure you still get important vitamins and nutrients.

## Spring IS A TIME OF RENEWAL

Have your New Year's resolutions gone by the wayside? Spring is a great time to revisit your goals for 2009. If cleansing your body or losing weight are among your goals, make an appointment for a Slimdome™ to kick start the process.

*Relax. Detoxify. Burn Calories.*





## TAKE CHARGE OF YOUR HEALTH!

As part of our commitment to your health and wellness, we're hosting two informative workshops for members and their guests.

### Women's Health and Wellness

May 5, 6:30 – 8:00 p.m.

*Dr. Burick will discuss the meaning of wellness and offer guidelines on what you should request of/ask your doctor including screenings, examinations, and lab work. We'll provide information on bioidentical hormone compounding. In addition, we'll have FREE dexa scans from 6:00 – 6:30 p.m. This is a great way to develop a plan for optimizing your health and wellness.*

### Men's Health and Wellness

May 12, 6:30 – 8:00 p.m.

*Dr. Burick will discuss the meaning of wellness and offer guidelines on what you should request of/ask your doctor including screenings, examinations, and lab work. Dr. Scott Owens, urologist, will be our guest speaker. We'll also provide tips on improving your health and wellness.*

Workshops are open to Burick Center for Health & Wellness and the general public, so invite your spouse or a friend and come take charge of your health!

Both workshops will be held in Classroom G-8, Frederickson Outpatient Center, 2025 Technology Parkway. Cost is \$20 per session, \$15 per session if attending both. To register call (717) 730-9000 or e-mail [receptionbchw@comcast.net](mailto:receptionbchw@comcast.net).

## Get Ready for Summer Sports

Have you been a couch potato since the temperature dropped below 50 degrees? Has winter's fury kept you from your favorite outdoor sports?

Now that spring is here, you may be eager to leap into baseball, biking, jogging or walking, swimming, soccer, tennis, golf, or other beloved sports. But, wait! Whatever sports or activities you enjoy, it's important to start slow. When you push yourself too hard, you can end up with muscle strains and injuries. You can't go through a long winter without exercise and then expect to be at a 100 percent performance level in any activity. You have to pace yourself.

### Pre-Season Conditioning

Doing warm-up conditioning is important before starting to be physically active again. For example, before playing in a baseball game, try playing catch with someone. Before playing a set of tennis, hit the ball off the wall for 10 minutes. Before playing 18 holes of golf, go to a range and practice your swing or do back rotations and half swings to warm up. The more rigorous the sport, the more time you need to spend preconditioning.

After you warm up, do a stretching regimen. Stretch your arms and legs to the point that they feel stretched, but not to the point of pain. Each stretch should last at least 30 seconds. Gradually increase your duration and intensity in the activity or sport until you feel ready for full participation. The stonger and more flexible you are, the less chance you have of sustaining an injury.

### Tips

- Know your limits—stop if you feel pain.
- Stay hydrated. Drink 8 oz. of water every 30 minutes for sports and exercise.
- Eat properly—avoid a large meal before sports or exercise.
- Use the right equipment for the sport.
- Take lessons. Learning the proper technique will help avoid injury.

## Simple Egg Salad

Sometimes simplicity is the utmost in elegance. This easy-to-make salad has just a few simple savory ingredients, yet is a delight to the eye as well as the palate.

### INGREDIENTS

- 6 hard-cooked eggs, chopped
- ¾ C. (6 oz.) low-fat cottage cheese
- ¼ C. sliced drained pitted ripe olives (about 9 medium)
- ¾ tsp. basil leaves, crushed
- ¼ tsp. salt, optional
- 6 tomatoes, cored
- Romaine leaves, optional
- Fresh basil leaves, optional



### PREPARATION

- In medium bowl, lightly toss together eggs, cheese, olives, basil, and salt, if desired. Cover and chill to blend flavors.
- To serve, cut tomatoes into six sections almost to stem end. Place on serving plates lined with romaine leaves, if desired. Gently spread tomato sections apart. Fill each with about ¾ cup of the egg salad.
- Garnish with basil leaves, if desired.