



# A·L·L·E·G·H·E·N·Y Health & Rehabilitation Center

Dr. Eric Bengel, D.C.

Dr. Anthony Talorico, D.C.

Dr. Benjamin Shultz, D.C.

Gibsonia: 724 443-8444

Brackenridge: 724 224-2224

## START THE NEW YEAR HEALTHY



**Fran Ruggiero**

I have been a patient at Allegheny Health & Rehabilitation Center off-and-on for many years. Several months ago, I began suffering from sharp low and mid-back pain. The sharp pain caused me to be less active and made me feel very tired.

I have been receiving treatment for this problem for a little over a month now **and my pain level has decreased from a 10 to a 2-3. I no longer have sharp pain, I have increased my daily activities and I feel better overall.** During my visits here, I felt well taken care of.

Everyone is courteous, friendly and professional. I am glad you are here to provide services that improve our well-being.



**Jan McDowell**

I was introduced to Allegheny Health & Rehabilitation Center during a health fair at Deer Lakes High School where I am a teacher. **Although I didn't have pain that limited my daily routine, I decided to become a patient to correct any back and neck problems I had that may cause painful symptoms down the road.**

I have been a patient for two months receiving adjustments, myotherapy and rehab. I know that my posture is much better now.

**My pain level was reduced from a 5 to a 1.** Additionally, the excellent staff always treated me with care!

### Insurance Corner

#### Network Providers for:

- Highmark
- UPMC
- United Health Care
- Auto
- Workers Comp.

We provide treatment for nearly **ALL** insurance in Pennsylvania.

We will gladly check for you if you have any questions at all about your coverage.

### Educational Workshops

*Want more information?  
Have a condition that has not been responding?  
Not sure if we can help?*

**CALL TO RESERVE  
A SEAT**

**Gibsonia:**  
Tuesday at 6:00

**Brackenridge:**  
Wednesday at 7:00



### Fun Facts

Money isn't made out of paper; it's made out of cotton.

The Declaration of Independence was written on hemp (marijuana) paper.

The dot over the letter i is called a "tittle".

A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

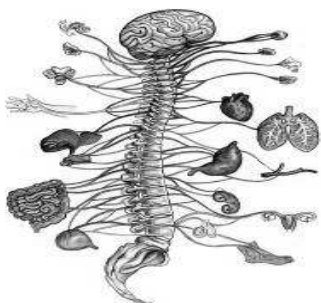
40% of McDonald's profits come from the sales of Happy Meals.

315 entries in Webster's 1996 Dictionary were misspelled.

The 'spot' on 7UP comes from its inventor, who had red eyes. He was an albino.

On average, 12 newborns will be given to the wrong parents, daily.

Chocolate affects a dog's heart and nervous system; a few ounces will kill a small sized dog.



X-ray #1  
"Normal View"



X-ray #2  
"Reversed Curve"



X-ray #3  
Returning to Normal

### Why Does Your Neck Curve Matter?

The x-ray to the left (#1) is the side view of a normal neck (the jaw and teeth are on the right). As you see, there is a forward curve called a C-curve that maintains the head balanced over the body. This curve is important for many reasons, but the most important is that it allows the nerves to travel through the vertebrae without irritation. When the spine loses this normal curve, as we will see in the next x-ray, the nervous system begins to become affected. This leads to PAIN or other symptoms.

In x-ray #2, instead of the neck having a forward C-type curve as you saw in the above x-ray, it has a reversed curve. Imagine the head being a bowling ball and now instead of the head sitting in a balanced position over the spine, it is ahead of the spine putting more pressure on ligaments and making the muscles work much harder. This will lead to arthritic changes in the spine. This patient had HEAD-ACHES, NECK PAIN, SHOULDER AND HAND PAIN.

The last x-ray (#3) is actually the same persons x-ray in #2 above. What you are seeing is the healing process in action. This x-ray was taken 2 months after the start of treatment. As you can see, the spine is going more and more toward the ideal C-curve. The head is now sitting much better over the spine and the normal C-curve is being restored. Thus, the spine can improve under chiropractic care. Just like an Orthodontist fixes crooked teeth, our doctors at Allegheny Health & Rehabilitation Center fix the spine to help the body function at a higher level.

Not all Chiropractic offices get these changes. Our treatment is unique and is geared toward helping a patient feel better, and more importantly, fixing what's wrong. By the way, this patient's PAIN and other related symptoms totally improved.

## **START THE NEW YEAR HEALTHY**

So what are symptoms anyway? Are symptoms good or are they bad? Why do I get pain? These questions have been asked by many people for ages.

Symptoms are your body's way of telling you that something is wrong. It is similar to the warning light on your car telling you that your engine oil is low. Ignore that light and you may just have to replace your engine. Similarly, ignore your body's warning signals and you will end up with PAIN or worse.

Pain isn't always bad, but it lets you know there is a problem and tells you that you had better do something about it. If you ignore the pain or cover it up with pills and drugs, then you are in for trouble. If you abuse your body by not taking good care of it, then you WILL suffer.

Most people that come into our offices tell us they wish they had listened to their body's signals and taken better care of their body.

### **Staff of the Month: Jayme Hitrick**

Jayme Hitrick joined Allegheny Health & Rehabilitation Center in April of 2005. She is the friendly voice on the phone and the caring patient coordinator at the front desk of our Brackenridge office.

Jayme grew up in Sarver where she attended Freeport High School and Lenape Votech before attending Allegheny County Community College. There she completed an associate program and degree in allied health being named to the Dean's List for her entire time there. She then accepted an internship at Allegheny General Hospital as

When you take good care of your body, you will reap the benefits. Your body needs to be maintained in order to enjoy a long life without pain and suffering.

We all know we need to brush our teeth to keep them healthy. We need to exercise and get plenty of sleep, practice good nutrition, keep a positive mental attitude AND MAINTAIN A HEALTHY NERVOUS SYSTEM WHICH STARTS WITH THE SPINE—the most vital and important system of your body.

**Start the new year healthy by making a resolution to have every member of your family get a chiropractic exam. Find out if the ones you love have a spine that's in good shape for optimum wellness.**

Come to our workshops to get informed on all the ways you can take the best care possible of the only body you have! Use the gift certificate on page four for yourself and someone you love.

well as UPMC Shadyside hospital.

The youngest of 3 children, Jayme enjoys spending time with her family who all still reside in the AK valley. Jayme also enjoys spending time outdoors and with her boyfriend Chuck and at their camp in the Moraine area. An avid animal lover she has a Doberman and 3 cats.

The opportunity to help a large number of people and families in the area is what brought Jayme to our office.

## **Words of Wisdom**

Kind words can be short and easy to speak, but their echoes are truly endless.

*Mother Theresa*

Complacency breeds anxiety. To be healthy, a person needs to be affecting his surroundings, uplifting those about him and bringing in more light

*Lubavitcher Rebbe*



**Jayme shown giving out one of the 10 Thanksgiving Dinners that Allegheny Health & Rehabilitation Center gave out during the Thanksgiving Holiday**

## *Free Consultation with the Doctor*

**Dr. Eric Bengel • Executive Director**

**Dr. Anthony Talorico • Clinic Director**

5499 William Flynn Hwy  
Gibsonia PA 15044  
724 443-8444

**Dr. Benjamin Shultz • Clinic Director**

825 Freeport Road  
Brackenridge PA 15014  
724 224-2224

**30 Days from Today**

### *Treatment Available For*

- *Low Back Pain*
- *Sciatica*
- *Neck Pain*
- *Migraines*
- *Carpal Tunnel*
- *Disc Problems*
- *Leg Numbness*
- *Auto Accidents*
- *Work Accidents*



**The Doctors and Staff**

## **Technology Corner (The Pro-Adjuster)**



The **Pro-Adjuster** is a state-of-the-art, computerized adjusting instrument that allows our doctors to very specifically and gently treat patients. It is an alternative to traditional chiropractic manipulation.

The pro-adjuster is great for patients with complicating factors such as arthritis, surgery, congenital fusions or patients who just doing like the cracking and popping sound.

Why is the Pro-Adjuster so special? It uses 21st century technology to determine if each spinal vertebrae is in proper alignment, so the nervous system is free to effectively transport nerve impulses throughout you body.

The Pro-Adjuster uses the same type of technology that allows engineers to determine and handle weakness and stress on spacecraft. The information is graphically displayed, so our doctors can detect the problem area each time with every patient. Call to find out if the Pro-Adjuster is right for you.



## **How do I know if my problem can be helped with the treatment in your office?**

We never know if we can help someone until we have them come into the office for an evaluation or at least talk to them over the phone.. Our success rate is very good for helping others get and stay well and we are pleased to have as many of our patients write testimonials as to the quality care they receive. However, unless we are able to communicate with you in some fashion, we can never know if we can help or not.

Our offices have been providing care for the past 45 years. Therefore, we have the experience to help you get well. If you are not a pill person, and don't like the idea of living with your pain, please call our office and talk to one of our doctors or schedule a time to come into the office.

If we can help you we will let you know. If we can't we will find the right person you should be going to help. Don't wait until your problem is so bad the treatment won't be as effective. Call us today.