

Leach

Chiropractic Clinic, Inc.

Robert A. Leach, D.C., M.S., F.I.C.C., Director

Research Chair, Mississippi Alliance Health Physical Education Recreation and Dance

Research Chair, Mississippi Chiropractic Association

Alternate Delegate for Mississippi, American Chiropractic Association

Postgraduate Faculty, National University for Health Sciences

January 2007 Newsletter:

Patient-Centered Assessment and Counseling for Exercise

Patients & Friends:

Hope and trust that you had a great holiday! Of course everyone is thinking about goal setting and talking exercise now that the new year is upon us. I'd like to share with you that we'll be offering something unique that hopefully will yield longer term results. We will be offering Patient-centered Assessment and Counseling for Exercise (PACE) to all our new and existing patients. PACE is a program that targets intervention based on your current interest in adopting healthy changes in behavior, developed by the U.S. Centers for Disease Control (CDC), and San Diego State University (Prochaska, Zabinski, Calfas, Sallis, & Patrick, 2000).

The cost of the entire program including your personal assessment and evaluation, stage-matched behavioral change recommendations, exercise intervention and instruction, and pedometer training with a pedometer for in home use, is only \$45 in addition to your normal examination costs. In most cases major medical insurance covers these costs as part of usual care. *However, we offer a 20% cash discount to anyone who pays for this service at the time the service is rendered, whether or not it is covered by his or her insurance.*

Why PACE? In one of the first studies of PACE for the CDC, scientists looked at 212 sedentary patients from 17 doctors' offices, and randomized patients to usual care and exercise, or PACE. Patients randomized to PACE assessment and counseling were significantly more active after 6 weeks, confirmed by both self-reports and accelerometry (Calfas et al., 1996). Follow-up research has shown that diverse practice sites can see significant improvement in patient activity levels following PACE protocols (Long et al., 1996; van Sluijs et al., 2005). Studies also show that PACE implemented at a workplace results in significant improvement in total energy expenditure, physical activity during sports, cardiorespiratory fitness, percentage of body fat, and blood cholesterol (Proper, Hildebrandt, Van der Beek, Twisk, & Van Mechelen, 2003).

Patients who increase physical activity levels after PACE can be expected to have: reduced blood sugar levels, increased metabolic activity, improved mental health, increased self-esteem and well being, improved quality of life, lowered blood pressure, reduced anger and anxiety, improved muscle tissue and performance, and over the long term increased life expectancy as heart attack risks are reduced by 50%, and stroke and cancer risks are reduced as well (CDC, 2006; Miura et al., 2004). We strongly urge you to participate completely in PACE during 2007, and see for yourself if you do not feel better, increase your quality of life, and experience improved health.

Sincerely,

Robert A. Leach, D.C., M.S., F.I.C.C.

Excellence in Chiropractic...

214 Russell St., Starkville, MS 39759 662-323-2371

Excellence in Health

rl@drleach.com

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