

Special Edition

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Spinal Hygiene, a First in Cavite!

Spinal Hygiene or Spinal Health is important, even more important than Oral Health. If you haven't visited our clinic website in a while you will have missed the new articles written by our Dr. Tetrault and published online, including the Oral Health Vs Spinal Health argument.

One standard section of the website is focused on Posture & spinal screenings. In 2007 our clinic staff performed some 750 spinal screenings to people of all ages. The result was to refine a screening form and protocols that not only helps to identify and quantify someone's posture problems, but also acts as a pre-scoliosis screening as well. What population would best benefit from this spinal screening? Children of course!

In 2008 Mabuhay Chiropractic Clinics started to make contact with schools in Cavite, especially those closer to the clinic in Bacoor and, starting in August at the Queen of Angels school in Imus, the first Tindig Diretso! Pinoy school program was established.

Principal Alvin Bautista arranged for the Mabuhay team to train the students during an assembly in performing the Flying Friends posture pod exercises.

Now, everyday at the start of the school day, immediately following the pledge, students are lead by one student in each class to perform the less than one minute posture development exercises.

The second phase was to perform spinal screenings on every student on campus and this process is still underway with the results carefully documented for research. At the end of one year of the students performing the daily Flying Friends exercises students will be re-screened and compared with their previous posture score between 0 and 10.

Those scoring high are suspected to have scoliosis or other spinal concerns that may require professional evaluation. If these cases can be identified before the age of 10, this increases the possibility to minimize spinal distortions with appropriate recommendations for care or interventions.

New Clinic Hours and other news

Effective September 15th, 2008

Mondays	9am - 1 pm and 3pm - 7pm
Tuesday	(in SM Bacoor Clinic 12 - 7 pm)
Wednesdays	9am - 1 pm and 3pm - 7pm
Thursdays	9am - 1 pm and 3pm - 7pm
Fridays	9am - 1 pm and 3pm - 7pm
Saturdays	8am - 10am (Bacoor 12 - 7pm)

Dr. Hugh Fouasse yet another Canadian Doctor of Chiropractic has announced his intentions of joining Mabuhay Chiropractic perhaps early in 2009. We expect his visit later this year to make living and other arrangements to join our patient-centered practices.

Honored Patient of the Day

Who qualifies to become a VIP at Mabuhay Chiropractic?

- Actively following the Doctor's recommendations
- Good self management of their appointments
- Is a chiropractic HERO and/or refers patients

A HERO is someone that shares chiropractic with others; that Helps to Educate Relatives and Others about their positive experiences with chiropractic... because they CARE.

Meet our Health Promotion Specialist and Chiropractic Assistant Danica Bautista in Bacoor.

A resident of Bacoor, Molino and graduate of University of Perpetual Help Rizal's with a Bachelor's degree in Nursing and a registered nurse. Married to Emil who is an engineer, they have one son.

What she likes the most about her work at Mabuhay Chiropractic is the community people involvement both at the clinic and in the Spinal Hygiene program.