



# SANTIAGO CHIROPRACTIC ASSOCIATES

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## A Gift of Time

**Lake Hiawatha, NJ, March 2016**—How would you like to have an extra hour or two each day? Sound too good to be true? Well perhaps it's not. If you are an iPhone user – Play along...

Go into your settings and then tap “battery.” Once your battery usage loads, tap the clock icon on the right-hand side. From here, you will be given a breakdown of how much time you have spent using each of your apps over the last 24 hours or over the course of the last 7 days. Chances are – you might be presented with some eye-opening stats such as how much time you spend texting, playing your favorite game or browsing social media sites.

Smartphone addiction is alarmingly on the rise. While we all love the plethora of apps available on our mobiles, some of us might love them a bit too much. The average person looks at his or her phone for 62 minutes each day and a recent report by the analytics firm Flurry says the number of mobile addicts has more than doubled in the past year alone. While taking part in this exercise might help you better understand which apps might be addictive habits of yours, it is also an opportunity for you to take back some of your life.



Don't have an iPhone?! No worries—There are plenty of apps you can download to obtain similar data about yourself including: *QualityTime* or *BreakFree* which even includes features to reward you for your progress in breaking free from your phone.

Once you've sufficiently analyzed your stats. Set a goal for yourself for the next 7 days to cut down your app usage by at least 25%. Use that extra time to exercise, spend time with your kids, get a job done you've been hoping to do around the house, cook a nice meal or just be more present in the moment talking to those around you and appreciating your surroundings. *You're welcome!*



### *How do you run underwater without getting wet?*

You join Team Santiago Chiropractic in the 2016 Lincoln Tunnel 5k Walk/Run Challenge: Sunday, April 10th. For those of you considering the event, but have questions about the race or how to prepare/train—especially if it is your first 5k—please call our office, stop by or email [dr.scarano@santiagochiropractic.com](mailto:dr.scarano@santiagochiropractic.com).  
(7th Annual Tailgate party to follow!)

***See you in Weehawken!!!***

### REGISTRATION DIRECTIONS:

- Go to [www.LTC5k.org](http://www.LTC5k.org)
- Click on “Register”
- Click on “Join a Team”
- Select “Santiago Chiropractic”
- Click “Continue”
- Select \$40 Pre-Registration  
(We will pick up your bib for you)
- Continue following directions to complete registration!



## Skinny Jeans Syndrome...

**Lake Hiawatha, NJ, March 2016**—Yes—it is a thing!



Known to healthcare professionals as meralgia paresthetica, modern fashion has been the culprit in a recent surge in the occurrence of individuals suffering from this condition, even earning its own colloquial diagnosis, *Skinny Jeans Syndrome*.

Classically a result of focal entrapment of the lateral femoral cutaneous nerve (LFCN) as it travels under the inguinal ligament (See **Figure 1**), meralgia paresthetica typically produces pain, numbness or paresthesia (pins and needles) of the anterior-lateral thigh. Most commonly, this condition has been observed in the past due to the use of military body armor, police belts, workman belts, seatbelts or any external pressure compressing the LFCN, such as leaning over the hood of the car. Additional causes have been cited due to surgery, weight gain and pregnancy. However, more recently, an increasing number of young people have been suffering from this condition due to wearing skinny jeans. Of note as well, combining skinny jeans and high heels (which anteriorly tilt the pelvis increasing the likelihood of LFCN compression) has also been shown to worsen this issue even further.

### Diagnosis

The diagnosis of meralgia paresthetica is almost always a clinical diagnosis made through history, presentation, examination and clinical deduction, versus based on an a plain film, CT, MRI or diagnostic ultrasound.

While these studies, may help to rule out other conditions, they cannot confirm the diagnosis of this malady.

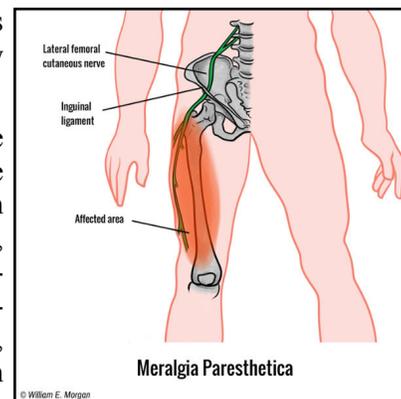
### Treatment

The simplest treatment for any condition is to take away the cause. If you are wearing tight clothes, belts, load-bearing belts, then those should be removed. If overweight, then weight loss would be the primary treatment.

Other conservative treatments could include myofascial mobilization of the inguinal ligament, neuro-mobilization techniques, stretching, pin-and-stretch techniques, passive modalities such as laser, and, of course, chiropractic adjustments.

For more serious cases, medical intervention may be necessary and include drugs intended to treat nerve pain (like gabapentin), nerve blocks, neurotomies, lidocaine and corticosteroid injections.

If you have had or are currently experiencing symptoms similar to those described above and have questions about this condition, speak to Dr. Santiago or Dr. Julie during your next visit.



**Figure 1:** The lateral femoral cutaneous nerve exits the spine near the top of the pelvis and under the inguinal ligament, where it is most frequently entrapped. The LFCN supplies the skin of the anterolateral thigh (shaded region) which is often where symptoms are felt.

## Things to Remember About Change

*Whether we are talking about changes in ourselves, our routine, our location, our health or changes based on circumstance or others in our lives, remind yourself of these points to help you transition through changes with greater ease.*

1. Recognize that change does happen and do not resist. The more we resist that we are going through a change, the more difficult the process becomes.

2. During the initial process of change, differentiate between what you can and cannot control.

3. Planning can help you get through change successfully.

4. Change involves stress...find ways to reduce yours.

5. Connect with others who are sharing a similar experience.

6. Change is not a smooth flowing process.

7. Be flexible.

8. We tend to be negative during a period of change—but instead we should look at change as an opportunity.

9. Adopt an attitude of positive anticipation and be grateful.

10. See the big picture.



For more health tips and ways to eat well, move well and think well:

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