

The weekend cure

By Peter Cousin - Editor

One very common complaint that we often hear is, "I overdid it this weekend!" We work hard all week; but we know that there are things around the house that need to be done, and often the only time we have to dedicate to a project is on the weekend.

So, here we are... Saturday morning. It's just me against this overstuffed garage. As I blaze through the first hour, I get rid of the empty plastic bags from the grocery store; the newspapers in the corner that I have collected; the four, large plastic bags that I've put aside for the donation truck coming by on Monday.

Okay. Now things are starting to shape up. I need to put the bikes on this side of the garage and put up this shelf that I've been talking about for a year. The lawn mower, which hasn't run in two years, needs to be disposed of. I'll just lift it out of that corner and place it in the donation area,

and **SNAP!**



There goes my back! One minute it was fine; and the next, I'm in so much pain, I can hardly move.

Well, Weekend Warrior, this is a result of doing too much at the wrong angle and without regard for safety!

Remember the lifting brace your wife told you to wear? Remember your doctor telling you to left with your legs, not your back? Remember the exercise you should have been doing this last year? All of these factors played a role in your back becoming misaligned.

Okay, fine! So what do I do right this second? First and foremost, get an ice pack placed in the painful area (using an ice pack or a bag full of ice, wrapped in a towel). Keep it on the affected area for 15 minutes, then off for 30 minutes. Repeat, as needed. If you have a Jacuzzi, you can alternate between ice and heat; but do give it time between each application.

Step two: Call my office to make an appointment! For *Village News* readers, we'll find a way to fit you in quickly, so we can work on the affected area before it gets worse. We're still offering a special discount to readers: first-time visit, only \$50. Call today: 486-4772. Take your first step to better health. Please call us.



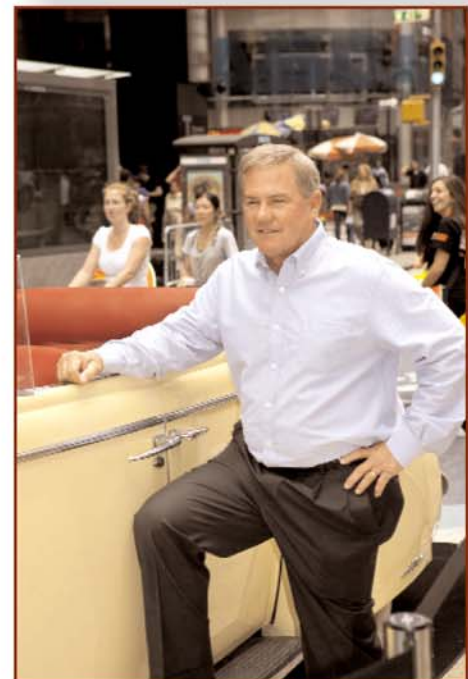
Dr. Art Crago

Do guys take better care of their cars or themselves?

It's no secret that guys love their cars, but are they more likely to always change the oil on time than to visit the doctor for their annual checkup?

Almost 70 percent of men find it easier to care for their cars than for their personal health, according to findings from a new survey of 501 men ages 45 to 65 commissioned by Men's Health Network and Abbott. In addition, more than 40 percent reported they would be more likely to address issues with their car than their health. The survey is part of "T-Talk Tune-Up", a new national campaign to raise awareness of men's health issues.

Dr. Harry Fisch recommends five health tests every man should discuss with his doctor, including a testicular exam, prostate exam, cholesterol test, testosterone test and blood pressure screening. "It is important to schedule annual checkups because some men may not recognize the symptoms of many treatable conditions such as low testosterone when they are experiencing symptoms," says Fisch, board certified urologist and clinical professor of medicine at New York Presbyterian Hospital/Weill Cornell Medical



College and director of the Male Reproductive Center.

To learn more about the importance of men's health visit www.TTalkTuneUp.com.