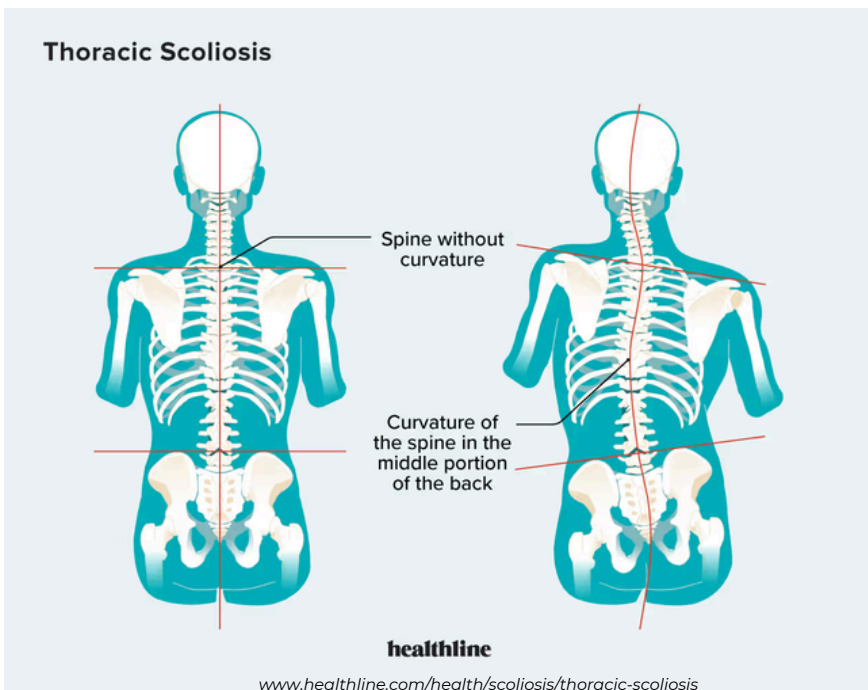




### Scoliosis Awareness

During the month of June the Scoliosis Research Society sponsors National Scoliosis Awareness Month, with the goal of making more people aware of the condition and its treatment.

Scoliosis is a condition that causes the spine to curve abnormally to the side, (by more than 10 degrees)



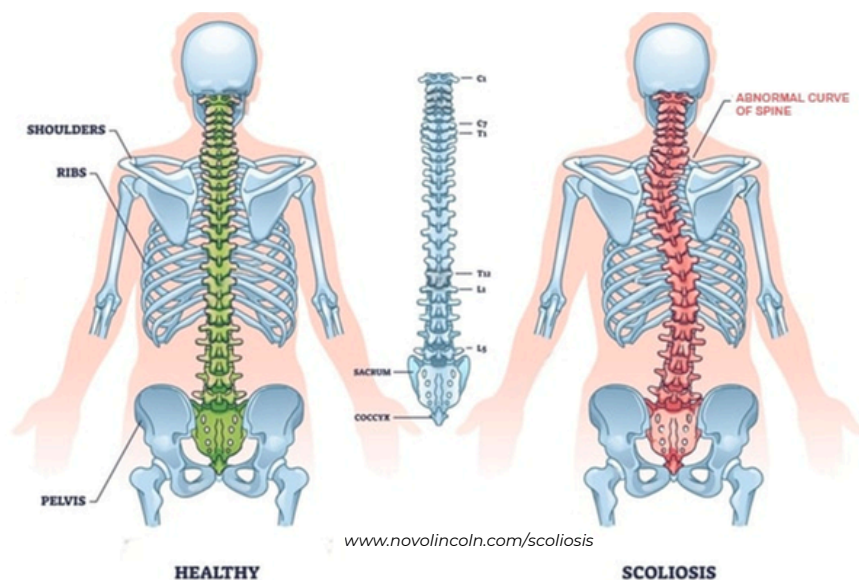
Symptoms of scoliosis include:

- A curved spine.
- Changes in posture.
- One shoulder and/or hip that is higher than the other.
- One shoulder blade that is more prominent than the other.
- A ribcage on one side protrudes more than the other side (it may be more noticeable when bending over).
- The head isn't centered with the rest of the body.
- A difference in leg lengths.
- When standing straight a difference in the way the arms hang beside the body.
- When bending forward, the sides of the back appear different in height.

Treatment for scoliosis varies based on factors, including the patient's age, type and severity. Surgery, is typically reserved for patients with curves that are 50° or more and in most cases is not required.

Other treatment methods including Chiropractic, Physio and exercise, which are designed to manage your symptoms and help to improve your quality of life.

[www.nhsinform.scot/illnesses-and-conditions](http://www.nhsinform.scot/illnesses-and-conditions)  
[www.hopkinsmedicine.org/health/conditions-and-diseases/scoliosis](http://www.hopkinsmedicine.org/health/conditions-and-diseases/scoliosis)  
[www.yalemedicine.org/conditions/scoliosis](http://www.yalemedicine.org/conditions/scoliosis)



# Summer Hydration Tips...

With the temperatures increasing it's important to stay hydrated throughout the day. Staying hydrated has numerous benefits for your health and well-being.









## STAY HYDRATED THIS SUMMER!

FOODS TO HELP KEEP YOU HYDRATED

### Hydrating Foods

Hydration doesn't have to just come from a glass of water. Pick foods high in water to help stay hydrated all day long.

Food	Water Content
Watermelon	93%
Salad greens, Berries, Tomatoes	90%
Radishes, Cauliflower, Zucchini, Peppers	85%
Acorn squash, Butternut squash	85%



# Hydration Fun Facts!

- The brain is made up of about 75% water. Mild dehydration can shrink brain tissue, directly causing headaches.
- You lose on average 1 litre of water a day simply by breathing and through non-sweat skin evaporation.
- An average person on a flight loses approximately 1.5 litres of water during just a three-hour flight.
- Thirst is a delayed signal, by the time you actually feel thirsty, your body is already mildly dehydrated.
- Up to 20% of your daily water intake comes from the food you eat.
- Water is constantly recycling through the earth. This means you are likely drinking the exact same molecules that the dinosaurs drank.
- Around 71% of the Earth's surface is covered in water, but nearly 97% of it is salty ocean water. Of the remaining fresh water, over 68% is locked up in ice caps and glaciers, leaving just 1% easily accessible for all of humanity's needs.
- Water isn't just fuel, it literally lubricates and acts as a shock absorber for your spinal cord and joints.

