

THE BACK PAGE

JAY M YATES, DC

FOURTH ISSUE

It's that time of year again. The rainy season is just around the corner and the roads get wet and slick making it easy for you to cause or get involved in a **CAR ACCIDENT**.



Most accidents are caused by another motorist hitting you from behind. Occasionally you may lose control of your car, you may not be paying attention and hit someone else. Regardless, your car gets damaged and you get hurt.

You may not even realize it right away but you do get hurt. If you don't believe me, go to my website and click on the **ACCIDENT SPECIALISTS** image at the bottom of my homepage and click on the links to view a 6 mile per hour accident. I think after observing how much force there is in a 6 mile per hour accident you'll appreciate more how you maybe injured following an accident.

Most people are in shock when the first get into an accident. They may not even realize that they are bleeding if they have a cut.

Another problem is the head trauma that occurs. This trauma is to the brain. Because the brain is not attached to the skull, it tends to bounce around in the head when whiplash occurs. This damage can be mild to severe depending on the severity of the accident.

Some of my patients have come in to see me for various problems and in the course of my consultation they reveal that they were involved in an accident within the last 6-8 months. They seem surprised when I inform them that their current problem could easily stem from this incident.

As I continue with my examination and consult, they become more and more aware that this easily

could be the result of the accident.

The most common symptoms that I see stemming from an accident are headaches, neck pain, loss of movement in the neck, low back pain, pain down the arms or legs, numbness in the hands or feet and sometimes trouble concentrating due to the brain trauma.

I have rarely seen a case where the impact speed was less than 20 miles per hour. This can cause devastating effects on the body. Other factors that can contribute to the damage done to the individual is whether or not you have your foot on the brake if you are struck from behind.

If you do, you stop the forward movement of the vehicle and this helps reduce the damage to you. Your vehicle may be damaged more but you would sustain less injury.

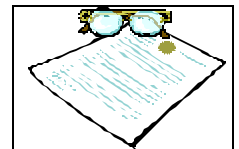
If you do not, you will be accelerated forward from a stopped position. The "whiplash" effect is then amplified to a much higher degree.

If you turn your head to look at the mirror or to see behind you, you have created an even worse scenario. You now have a compound whiplash injury.

NEWSFLASH

For information on upcoming lectures given by Dr. Yates on this subject and many others, please see his website at

www.jaymyatesdc.com



This site contains some very informative material and even has a special section specifically for patients of Dr. Yates.

If you are a current patient of Dr. Yates and wish to have access to log in to this section, please contact Dr. Yates directly for a password to allow you to peruse this section.

If you do not use computers and have no access to this medium, please contact Dr. Yates's office directly and he will make sure you are aware of any lectures he will be giving.

PERTINENT INFO

As always, I appreciate your referrals to our office. By referring someone you demonstrate your concern for them and your trust in me. Thanks to you all.

Remember your maintenance visits. If you haven't been in for over a month, you need to call me for an appointment.

Don't undo all the good work we have done on you...

Jay M. Yates, DC



This is not only more serious but also far more complicated to correct.

Whether you have been involved in a "bumper thumper", a "fender bender" or your car was totaled in the accident, you need to get professional help. You need to get in to see me and get some x-rays and through exam to determine if and how much damage has occurred.

You may also be interested to know that any care you do need maybe covered by your auto insurance. Check and see if you have "MEDPAY" coverage and what amount. This is usually around \$2000.00. Some people (like me) have up to \$25,000.00. This is money available right now to take care of you. If someone else hit you, you can retain an attorney and get treatment from my on a "lien". This allows you t receive treatment and pay for it with the settlement.

So, if you have been in an accident within the last 6-9 months and have symptoms or know someone who has, let's make an appointment today....

Jay M Yates, DC

Please mark the appropriate box and cut this questionnaire out and mail it to:
Dr. Jay M Yates P.O. BOX 12311 Newport Beach, CA. 92660. Thank you.

- 1. My care under Dr Yates was: excellent good fair poor
- 2. Dr Yates's explanation of my condition was: excellent good fair poor
- 3. I was willing to follow Dr. Yates's recommendations: yes no
- 4. My reason for stopping care if I didn't follow Dr. Yates's recommendation was: I didn't feel I needed it. I didn't want to pay for the care I needed. financially too expensive. didn't feel I got the care I needed. just felt better and forgot. just wanted to come in for a quick fix
- 5. If I could rate Dr Yates's service and care I would rate him: excellent good fair poor

Thank you for your participation. Be sure to mail it in