

**CHIROPRACTIC
AND
BACK DISORDERS**

Welcome To Great Health!

You are joining millions of others who have taken control of their health with chiropractic care. Chiropractic offers a natural, drug-free way to not only regain your health, but also to maintain it.

We're glad you are taking the time to learn more about the incredible science, art and philosophy chiropractic provides. We want you to benefit greatly from the next several pages, so let's explain the contents.

You will be examining literature from both the popular press as well as that of medical literature. While we don't expect you to be well versed in the medical terminology, we do believe that you deserve the information at your fingertips. The doctor will be happy to discuss any of the articles with you.

You may notice articles designed to inform you about the potential side effects of certain medication. There will also be medical literature that supports chiropractic as a possible means of helping your body to regain health. In addition, you will review survey material praising chiropractors for their efforts. Lastly, you will note a Family and Friend Health Profile. We suggest that you complete this form and return it to your chiropractor as soon as possible.

Remember, the more you know about your health, the healthier you will be. The sooner your doctor of chiropractic examines you the sooner you can be on the road to good health. The longer you wait for help the worst the condition becomes. Delays will only hurt you more and cost you more!

The Role of Chiropractic in Good Health

Although chiropractors work primarily upon the spine, their goal is to improve the health of your entire body.

A chiropractor is a specialist that works diligently to detect and correct vertebral subluxations. Vertebral subluxations occur when the spinal column has become "misaligned." This misalignment produces interference in your nervous system. Your nervous system is responsible for controlling every function of your body.

Henry Windsor M.D. noted in the Medical Times that he found a nearly 100% correlation between "minor curvatures" of the vertebrae and diseases of the internal organs. His findings were indeed profound.

A chiropractic adjustment is the means by which your D.C. (Doctor of Chiropractic) corrects vertebral subluxation. Regardless of age or physical condition, everyone needs a nervous system free of interference.

Please review the following pages and learn about the benefits of chiropractic care for you and your entire family...

Bigger role sought for chiropractors

□ Policies serve medical system, not public interest, says professor

By Marlo Toneguzzi

Calgary Herald

Canada's health care system would save millions of dollars by fully integrating chiropractic services, says an expert in the field.

Dr. Pran Manga, of the University of Ottawa, says chiropractic is more effective, more cost-effective, safer and preferred by patients over medical management of lower back pain.

And he says Alberta, in particular, could gain financially because the province has one of the highest rates in the country for hospitalization of back-related problems.

"In Canada our health policies generally have not served the public interest but have served more or less professional

HEALTH

interests, especially the dominant professions," said Manga, professor and director of the masters in health administration program at the U of O.

Manga, who is in Calgary Saturday as the keynote speaker at the Alberta College of Chiropractors annual general meeting, said the dominant medical professions — doctors, dentists and pharmacists — have been powerful enough over the years to prevent changes in national health care policies.

Last August, a team of independent health economists from the U of O, including Manga as one of the principal authors, concluded that chiropractic management is superior to medical management in terms of scientific validity, safety, cost-effectiveness and patient satisfaction.

Shannon Jones of Alberta Health said that with all the restructuring occurring in the

health care system, the various allied services such as chiropractic and physiotherapy are being considered.

Jones said Health Minister Shirley McClellan is well aware of the Manga report and is considering it.

"She thinks some of the ideas they brought forward are interesting and she's asked officials to consider them."

Alberta Health covers \$12.68 for a regular visit to the chiropractor and \$20.95 if X-rays are required.

The rest comes out of the patient's pocket. A regular visit is usually \$25 in total and an average X-ray is \$60. Alberta Health insures an individual for up to \$250 per year.

The Manga report was commissioned by the Ontario Ministry of Health.

In September, a task force was set up by the ministry to determine what if any of the report's recommendations will be implemented.

The task force will report

back to the ministry in early May.

Among the report's major recommendations:

- there should be a shift in policy to encourage and prefer chiropractic services for most patients with lower back pain;
- chiropractic services should be fully insured, removing the economic disincentive for patients and referring health providers;
- chiropractic services should be fully integrated into the health care system.

Statistics Canada figures from 1989-1990 show that an Alberta resident is twice as likely to be hospitalized for a back-related disorder than is an Ontario resident.

Manga said it's unlikely these differences are due to a greater frequency of back problems in Alberta.

He said it is more likely that the accepted form of treatment in the province favors hospitalization — a much more expensive way of treating the ailment.

Marlins' Pitcher Credits Chiropractic

Florida Marlins Pitcher Chris Hammond has been improving his performance lately, thanks to his chiropractor. "I think I found the chemistry to stay off the disabled list," he said in an Associated Press interview.¹¹ In the period after the All-Star break this year he's done better than any other year during his career. According to the AP report, his chiropractor and stretching exercises have kept his back in better health.

* * *

Back pain may signal heart disease

By Doug Levy
USA TODAY

Back pain may be a sign of developing heart disease for men, says a long-term study of 8,816 Finnish farmers.

Dr. Jyrki Penttinen reports in the *British Medical Journal* that men between ages 30 and 49 who reported back pain before the study started were four times more likely to die from heart disease in the following 13 years.

The study took into account other potential heart disease risks such as smoking, weight and socioeconomic status.

Penttinen cites other studies that have linked back pain with a narrowing of the arteries.

"My results support the hypothesis that back pain in some cases may be an early manifestation of atherosclerosis (hardening of the arteries)," he says.

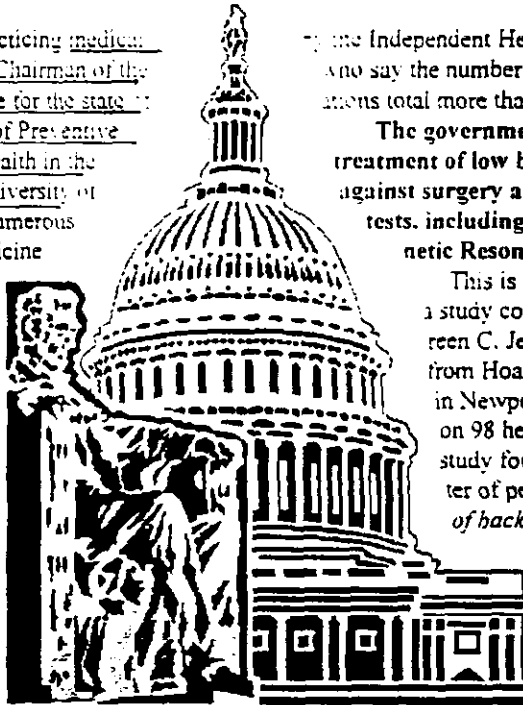
If the theory is correct, it suggests that the back pain is related to momentary interruptions in the flow of blood or oxygen. But more study is needed to find out why there was no higher risk seen in men over 49, or in women.

"NOBODY IN AMERICA SHOULD BE ALLOWED TO HAVE BACK SURGERY UNLESS THEY HAVE SEEN A CHIROPRACTOR FIRST"

Robert Mendelsohn, M.D.

During his career as a practicing medical doctor, Dr. Mendelsohn was Chairman of the Medical Licensing Committee for the state of Illinois, Associate Professor of Preventive Medicine and Community Health in the School of Medicine of the University of Illinois and the recipient of numerous awards for excellence in medicine and medical instruction.

Dr. Mendelsohn stated, "My feeling is that somewhere around ninety percent of surgery is a waste of time, energy, money and life." His conclusions in this matter are supported by the recent publication of the Government Guidelines by the Agency for Health Care Policy and Research (AHCPR), a division of the U.S. Department of Health and Human Services, and



the Independent Health Research Group, who say the number of unnecessary operations total more than three million.

The government guidelines for the treatment of low back pain advises against surgery and a host of high-cost tests, including CT scans and Magnetic Resonance Imaging.

This is further corroborated by a study conducted by Dr. Maureen C. Jensen and colleagues, from Hoag Memorial Hospital in Newport Beach, California, on 98 health volunteers. The study found that about a quarter of people with no history of back trouble whatsoever showed ruptured discs when examined for back problems with magnetic imaging

.....continued inside

AMERICA needs chiropractic first

.....continued from page 1

scans, or M.R.I. The research suggests that slipped or ruptured discs as indicated by M.R.I. testing may not mean much for many people and certainly cannot be assured to be the cause of any patient's backache.

Dr. Jensen's work, published in the New England Journal of Medicine, is similar to a study completed four years ago by Dr. Scott Boden, an orthopedic surgeon at Emory University. Dr. Boden states,

"The M.R.I. should never be used as a screening test, which is unfortunately the way it is very commonly used today. In fact, use of the M.R.I. too early in somebody's disease process can result in seeing findings that are like gray hair.....everybody gets them.....and they can result in overtreatment."

Back pain, whether it is associated with a slipped or ruptured disc or not, is one of the most common disabling conditions of adulthood. It is estimated

that thirty-one million Americans complain of low back pain at any given time..... It is also one of the most costly conditions, accounting for eight billion dollars in medical care annually.

Thousands of patients suffering from so-called slipped or ruptured discs have avoided needless surgery thanks to gentle chiropractic spinal adjustments.

If you know anyone suffering with back pain, please suggest they try chiropractic FIRST.

WHAT CAN BE DONE?

In about 5% of the disc cases, the disc is actually "ruptured," and surgery may be the only answer. Occasionally, traction may help.

Fortunately, 95% of all disc cases can be managed through modern chiropractic methods. Over 75 years of research and experience in disc cases have qualified the doctor of chiropractic as the doctor of choice in acute and chronic disc problems. In cases of ruptured disc requiring surgery, the chiropractor is quick to refer the case to a surgeon.

CHIROPRACTIC CARE FOR DISC PROBLEMS

Specialized chiropractic techniques in disc care include:

- 1) Thorough chiropractic examination to determine extent and cause.
- 2) Realigning the spinal column.
- 3) Balancing the spine and pelvis.
- 4) Eliminating fixations.
- 5) Reducing vertebral subluxations.
- 6) Stimulating disc nutrition.
- 7) Revitalizing ligaments and muscles.

These techniques and many others may be employed in the management of disc cases, depending on the particular problem. But proper treatment is essential to prevent further degeneration and "ruptured" disc. Any person suffering from acute or chronic back pain should see a chiropractor immediately to determine the cause and what should be done about it. Only a chiropractor knows **FOR SURE** if you are a chiropractic case.

SECOND OPINION

* Saturday, September 1941

Chiropractors outdo M.D.'s
in treating low back pains

CHRONIC low back pain is a common affliction and hard to treat. In common with most M.D.'s, I have had an arrogant and condescending attitude toward chiropractors and their treatment of various illnesses, including low back pain.

A recently published, extensive study conducted in England over a 16-year period has demonstrated that in the treatment of low back pain, physician arrogance toward chiropractors is unjustified.

A total of 741 patients were studied; about half were cared for in 12 traditional hospital centers with their coterie of orthopedic surgeons, physiotherapists and consultants. The other half were treated in nearby chiropractic clinics. Chiropractic management of low back pain achieved dramatically better results than conventional medicine.

The effect of chiropractic management as compared to conventional treatment resulted in mild rather than moderate to severe pain, an ability to lift heavy weights without extra pain and an ability to sit for more than an hour. These differences occurred after six weeks of chiropractic management and have persisted for three years.

The results of this study were summarized in a prestigious medical journal; as you might imagine, the tone of the summary was defensive and moderately arrogant. For example, some M.D.'s wondered whether the success enjoyed by the chiropractors was related to the fact that they spent more time with patients than did conventional doctors and physiotherapists.

Perhaps so, but you can be certain that patients are interested in having their symptoms relieved, however much time it takes.

Despite the results, some physicians feel that it's premature for conventional doctors and physiotherapists to recommend chiropractic treatment for low back pain. Why it's premature isn't at all clear to me.

But several caveats are in order. The fact that chiropractors are more successful than we with low back pain doesn't mean that chiropractic theory about disease generally is correct. That theory holds that many diseases are caused by interference of nerve impulse flow by vertebrae impinging on nerve roots at the spinal cord. As a result, they suggest that manipulation of the vertebrae can cure these many diseases.

No rigorous scientific evidence establishes this theory to be generally valid. Their treatment worked in spite of and not because of chiropractic theory.

BACKACHE RELIEF

Chiropractors, those nonmedical doctors best known for manipulating the spine, are sometimes denounced by the medical community as quacks who just like to make people's bones go snap, crackle, and pop—offering little more than hand-holding comfort and glib words of assurance. The orthopedist, most of us are told, is *the* back specialist.

But a recent survey of some 500 back sufferers nationwide showed that chiropractors outperform orthopedists in relieving many kinds of back pain, as reported in *Backache Relief* (Times Books, 1985).

Participants in the survey saw a total of 422 chiropractors and 429 orthopedists (as well as many other kinds of practitioners). Their problems included chronic lower-back pain, ruptured disks,



A recent survey gave high marks to chiropractors.

neck pain, spinal osteoarthritis, and various spinal anomalies such as scoliosis.

For lower-back pain not caused by a ruptured disk, chiropractors had more to offer their patients than orthopedists did. But manipulation alone was rarely the major reason for their effectiveness. The successful chiropractors used the gentlest forms of manipulation and augmented their hands-on healing with advice about exercise, life-style (particularly stress management), and nutrition.

Unfortunately, spinal manipulation often proves disastrous for anyone in the throes of acute pain from a ruptured disk, giving orthopedists the edge here, according to the survey. Overall, such rehabilitation specialists as physiatrists (doctors of physical medicine) offer the most help to disk patients.

Chiropractic manipulation works well on neck pain, the study found, despite some risk of injury from the treatment. More than half of the chiropractors consulted for neck pain brought their patients relief, while only one tenth of the orthopedists could do the same, even temporarily.

For osteoarthritis, neither the chiropractor nor the orthopedist did much to help the patient. The same was true for pain associated with the spinal curvature called scoliosis. Survey participants with these problems found help from other kinds of specialists, including yoga instructors and physical therapists. — Dave Sobel

New Survey Rates Chiropractors

Exactly how effective is chiropractic care when measured against traditional medical treatment? According to *Prevention*, which claims to be America's leading health magazine, "... clearly, chiropractors are doing something right."

Prevention has been widely criticized in the past for ignoring or trivializing alternative methods of health care, and for promoting the "pill

for every ill" approach to medical problems. The October 1989 issue of the magazine contains the results of an exclusive survey on chiropractic care. Prevention commissioned the survey in an attempt to determine if people who go to chiropractors find the relief they are looking for. Based on the answers from people who had seen a chiropractor at least once, the survey proved to be an impressive show of support for the profession: three out of four people polled said that chiropractors were successful in correcting their health problems. On the whole, chiropractic patients realized greater relief from pain, were happy with the number of visits required and found chiropractors friendlier and more supportive than medical doctors.

Although some patients were aware that chiropractic care was effective in correcting the causes of migraine headaches, neck pains, whiplash injuries, scoliosis, allergies and chronic fatigue, most still sought help for back problems. The *Prevention* survey was another step in documenting the positive results that can be achieved through chiropractic care. According to the magazine:

- seventy-six percent said they would go back to a chiropractor, the majority of which would do so "without a second thought";
- nearly sixty percent of those who noticed a difference felt they received more lifestyle counseling, more advice on exercising and more nutritional information from their chiropractor than from a medical doctor;
- three times more respondents said their chiropractors are friendlier and more concerned about their patients than medical doctors;
- three-quarters of respondents selected their chiropractor based on recommendations from friends, relatives or neighbors, while fourteen percent let their fingers do the walking through the telephone yellow pages or made their selections based on advertisements. Only five percent were referred by a medical doctor. ■

DID YOU KNOW?

"EVERY FUNCTION OF THE HUMAN
BODY IS UNDER CONTROL OF THE
NERVOUS SYSTEM."

- Grays Anatomy, 29th edition, p.4