

HEALTH

Avoid Drugs and Surgery With Chiropractic Care

NewsUSA

(NU) - Talk about bad odds. Americans have an 80 percent chance of experiencing back pain in their lifetimes, according to the Centers for Disease Control and Prevention.

But making matters even worse is this: Say you do experience such pain, and you're told – as too often is the case – that your only options are either drugs or surgery. The former is potentially addictive. And as for the latter...well, many believe this headline from a publication focused on natural health says it all: "Back Surgery: Too Many, Too Costly, and Too Ineffective."

The truth is, there's a third option that a growing number of experts now say should be used before anyone even thinks of making patients go through either or both of the others.

That option? Chiropractic care. "Medical care certainly has not solved the everyday symptom of low back pain, and even may be reinforcing and exacerbating the problem," renowned orthopedist and spine researcher Gordon Waddell, MD, says.

Indeed, numerous studies have found that chiropractic care, with its drug-free and non-



Seeing a chiropractor could help you stay off the operating table.

invasive focus on spinal manipulation, results in:

- Better outcomes
- Lower costs
- A much higher degree of patient satisfaction, as witnessed by the 94.3 percent positive rating reported by the military health program TRICARE among participating active and retired Army personnel.

"It's gratifying that patients and practitioners are seeing the wisdom of considering chiropractic first, medicine second, and surgery last," says the not-for-profit Foundation for Chiropractic Progress' Gerard Clum, DC.

To learn more or to locate a doctor of chiropractic, visit www.F4CP.org/findadoctor.