



# Wellness News Network<sup>TM</sup>

Your Source for Health & Wellness Information

Issue 2, December 2021

## Four Reasons to Try Chiropractic First!

Presented by:

### Introduction

Chiropractic is a great way to naturally and safely improve your health. Many studies show that chiropractic is the best choice for patients suffering from acute and chronic back pain.



### Reason one:

According to an article in the Journal of the American Medical Association dated April 24th, 2013, surgery is not usually needed and should only be considered if more conservative therapies fail.

“Many treatments are available for low back pain. Often exercises



and physical therapy can help. Some people benefit from chiropractic therapy or acupuncture. Sometimes medications are needed, including analgesics (painkillers) or medications that reduce inflammation. Surgery is not usually needed but may be considered if other therapies have failed.”<sup>1</sup>

The information in JAMA reinforces the American Chiropractic Association’s (ACA) position that conservative care options should serve as a first line of defense against pain and reminds doctors of what was recommended by the American Medical Association in their Agency for Healthcare Research and Quality Guidelines on Low Back Pain.<sup>2</sup>

The American Medical Association recommends chiropractic before surgery for low back pain!

Presented by:

### QUESTION:

**Anemia can cause which of the following?**

- a) shortness of breath
- B) dizziness
- c) headaches
- d) pale skin
- e) all of the above

### ANSWER:

- e) all of the above

### TRUE OR FALSE:

**Both men and women can have anemia**

### ANSWER:

- True

### FACT:

**The most common forms of anemia are:**

- blood loss anemia
- folic acid deficiency
- B12 deficiency and
- iron deficiency

## Reason two:

A recent study showed that 42.7 percent of workers compensation patients who consulted a surgeon as their first doctor had surgery while only 1.5% of those who saw a chiropractor first had surgery.<sup>3</sup>

This study validates that seeing a chiropractor FIRST for your low back pain can help you minimize your risk of needing surgery for your low back pain!



## Reason Three:

Chiropractic helps older patients with back pain as it is especially effective for managing such conditions as spinal stenosis, failed low back surgery, degenerative disc disease and osteoarthritis of the spine. Long-term use of opioid drugs usually does not improve functioning for patients with chronic low-back pain. However, nondrug therapies, including spinal

manipulation may play a role in improving chronic low-back pain. While most of these patients will not become pain free they may, realistically, be able to focus on improving function in addition to reducing pain.<sup>4,5</sup>

## Reason Four:

A new study published in the journal Spine, suggests that if you have low back pain you are better off getting chiropractic than taking NSAIDs.

The study, revealed that chiropractic adjustments are more effective than non-steroidal anti-inflammatories for easing back pain. While both the active treatment groups improved, patients receiving spinal adjustments were significantly better off than patients taking medicine. The chiropractic subjects experienced greater improvements in physical function, reduced time off work, and reduced need for rescue medication, leading researchers to conclude that “spinal manipulation was significantly better than non-steroidal anti-inflammatory drugs and to placebo pills.”<sup>6</sup>

These findings add to the rapidly growing amount of research that is revealing that chiropractic is more effective than drugs for back pain and sciatica.

While drugs temporarily dull the pain, they do little to treat the root of the problem and may actually enable you to do things that the pain would prevent you from doing, potentially causing further injury. Chiropractic, on the other hand, relieves symptoms while addressing the underlying cause of pain and restoring function.

## Quote to Inspire

*“Let food be thy  
medicine and  
medicine be  
thy food”*

*- Hippocrates*

## Reference

1. Goodman D, Burke A, Livingston E. Low back pain. JAMA patient page April 24, 2013; 309 (16):1738. doi:10.1001/jama.2013.3046
2. [www.guidelines.gov/content.aspx?id=35145](http://www.guidelines.gov/content.aspx?id=35145)
3. Keeney BJ et al. Spine 2012 doi:10.1097/BRS.ob013e3182814ed5
4. Learman K, Showalter C, O'Halloran B, Cook C. JMPT 2013; 36(5):284-291, doi:10.1016/j.jmpt.2013.05.007
5. NCCAM Pub No.: D409 Date Created: April 2008 Last Updated: April 2013
6. von Heymann, et al. Spinal high-velocity low amplitude manipulation in acute nonspecific low back pain: a double-blinded randomized controlled trial in comparison with diclofenac and placebo. Spine 2013; 38 (7): 540-48. doi: 10.1097/BRS.0b013e318275d09c.

Writer: Jenny Crosby, DC  
Design: Elena Zhukova  
Graphics: Maria Camille Almirañez  
Production: Mike Talarico

**Disclaimer:** Information contained in Wellness News Network Newsletter is for educational and general purposes only and is designed to assist you in making informed decisions about your health. Any information contained herein is not intended to substitute advice from your physician or other healthcare professional.