

What's Inside

- SSVFD president reflects on 49 years of service (Page 3)
- Community rallies around child with rare condition (Page 5)
- Ashton site could get retail, townhouses (Page 8)
- Hallowell Hurricanes celebrate 25 years (Page 21)

**National Night Out
August 2**

The Greater Olney News

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The Greater Olney Health & Medical

New guidelines recommend alternatives to pain management Opioid epidemic forcing discussion of new ways to treat patients

The greater Olney area, along with the rest of the country, has seen an explosion in opioid-related addiction and deaths.

The emphasis on resolving the epidemic that has killed and destroyed lives has primarily focused on limiting the over-prescribing of opioids and providing access to treatment for those already addicted. But studies suggest the real change needs to happen at the onset when a patient initially seeks relief for a pain issue.

Recent recommendations from the Centers for Disease Control and Prevention (CDC), the Food and Drug Administration (FDA) and the Institute of Medicine (IOM) call for a shift toward non-pharmacologic approaches and states that prescribers should heed CDC guidelines and begin prescribing safer alternatives such as chiropractic care and physical therapy for acute and chronic pain management.

**Health
Matters**
by
Sally Anderson

Cyndi Glass, an Olney resident who lost her son Jeremy to opioids, said, "I know firsthand the harm opioid medications can do. My son Jeremy, who vowed he'd never take drugs, got addicted to opioid pain medication following three knee surgeries. Five years after his introduction to opioid medication, Jeremy died of a drug overdose".

She added, "As a result of what happened to Jeremy, I'm a serious advocate of alternative forms of treatment for pain, in place of opioid medications as the first line of defense. Personally, I use chiropractic for both preventative and corrective care and it has allowed me to have an active, pain-free life without the use of dangerous medications."

Glass holds a community event every year, Jeremy's Run, in honor of Jeremy to raise money for drug treatment and awareness.

Drs. Raymond and Gabriella Moss, a

husband and wife team of area chiropractors and community advocates of non-opioid treatment for pain, point out that an estimated 126.6 million Americans (one in two adults) are affected by a neuromusculoskeletal condition costing an estimated \$213 billion in annual treatment, care and lost wages.

Many patients become addicted to opioids while seeking treatment for musculoskeletal pain despite inconclusive supporting evidence for their use in this circumstance.

"The United States has awakened on every level to the crushing impact of the opioid use/abuse epidemic and as long-time members of the Olney community, we feel strongly that it is up to us to be proactive and arm the community with the facts regarding alternative modalities as more effective and safer options for certain pain conditions," said Dr. Gabriella Moss, owner of Moss Chiropractic and Wellness. "Furthermore, there are no randomized control trials that have shown opioids to improve function, and there is an overriding national public health concern regarding widespread abuse, misuse and diversion of prescription pain medications."

Research has shown that spinal manipulative care effectively and significantly reduces and improves pain for neuromusculoskeletal problems. Other alternative modalities such as acupuncture, physical therapy and massage have also proven to be effective and should be used in lieu of opioid medications.

The recent publication of an important White Paper, "Chiropractic: A Safer Strategy than Opioids," by The Foundation for Chiropractic Progress

(F4CP), cites evidence-based research that validates the positive outcomes, cost effectiveness, high patient satisfaction and other benefits of chiropractic care, particularly for back and neck pain, headaches, neuromusculoskeletal and other related conditions. You can find the White Paper at www.mosschiropractor.com.