

Chronic "BACK PAIN" is **HAZARDOUS** to Your Health!

Let's face it: Life's no fun with agonizing back pain. But there's more to it. Science shows that the risk of brain atrophy *increases* the longer your back pain continues.

Chiropractic care can maximize your health.

Are you cringing just to get out of bed or get into your car, and barely making it through the day due to nagging back pain?

Chiropractic spinal care can stop your cycle of pain—and frustration—and often prevent your symptoms from returning!

It may be tempting to ignore your occasional backaches or muscle spasms. But allowing your pain to escalate to the next level can have devastating health consequences.

Persistent Pain Can SHRINK Your Brain!

A study from Northwestern University found that chronic back pain lasting six months (or more) is associated with changes in brain chemistry.

Your body's response to persistent stress caused by chronic pain and inflammation can lead to "brain atrophy." **That means the thinking parts of your brain can shrink!**

Research suggests that **ending chronic pain may reverse the associated brain atrophy, as long as there is no significant nerve damage.** However, if extensive damage has occurred—atrophy and loss of brain cells may be irreversible.

Let's make sure your pain stops here...**and stops now!**

Lack of Movement Is a Lack of Health and Happiness!

When your back pain or stiffness compromises your daily activities and enjoyment...it can lead to feelings of isolation, depression—and poor health.

Chiropractic care can improve the function of your spine, your well-being, and your whole outlook on life!

Don't Waste Your Time and Money on Unproven Methods!

According to an article published in *Evidenced-Based Medicine*, there is "high quality evidence that spinal manipulative therapy for chronic low back pain has a...**greater effect on pain and functional status compared with other interventions.**"

CALL NOW!!

Get "BACK PAIN" Relief NOW!

You don't have to move furniture or get "tackled" to have serious back issues. **A sudden awkward movement can cause severe pain!**

Of course, many factors contribute to back pain, ranging from heavy lifting, a sedentary lifestyle, emotional stress, age, obesity, and poor posture—to sleeping on a soft mattress.

Here's What We Can Do for You!

You may be wondering what causes that burning, tingling, pain and stiffness in your back.

Your Chiropractic spinal exam is necessary to pinpoint what's going on, structurally

and biomechanically. We can determine if it's joint, nerve, muscle or disc pain—and **treat it accordingly.**

Our goal is to **correct the underlying problem** so your body can heal itself...*naturally!* Spinal adjustments stimulate healing and provide natural pain relief along targeted areas of your spine. ❖

We are your spine experts. Give Us a Call Today!



Experiencing **MUSCLE PAIN** After Using Statin Drugs? **READ THIS NOW!**

As your Doctor of Chiropractic Care, your musculoskeletal health *and* overall wellness matters to us.

That's why we thought you should know that while statin drugs are one of the most widely prescribed medications to lower total cholesterol, a study published in *The American Journal of Medicine* reported **1 out of every 17 patients using statins develops musculoskeletal pain, often in the lower extremities.**

While no changes in your medications should be made without consulting your prescribing doctor, **you don't want to ignore**

any muscle soreness, weakness or cramps that occur after you start taking take statin drugs.

The online JAMA Patient Page, a public service of the *Journal of the American Medical Association (JAMA)* warns that adverse effects of statins require attention, **"Liver damage can occur, as well as muscle damage...any muscle pain or weakness that develops while taking a statin medication must be reported immediately..."**

The symptoms can occur gradually and you may not even associate the heaviness in your legs or your muscle pain with the statin

drugs you're taking. Yet, for some, the side effects can be disabling.

Get the Facts...

According to the Mayo Clinic, "For some people, statin side effects can make it seem like the benefit of taking it isn't worth it. Before you decide to stop taking a statin, discover how statin side effects can be reduced."

Let our expertise and knowledge of your musculoskeletal system **help determine the underlying cause of your pain...** and contribute to *your overall wellness!* ❖

Conditions Associated with

BACK PAIN

That Respond Well to

CHIROPRACTIC CARE



- Arthritis/Osteoarthritis
- Degenerative Disc Disease
- Facet Joint Syndrome
- Fibromyalgia
- Herniated Disc
- Ligament Sprains
- Myofascitis
- Muscle Strains/ Spasms
- Pregnancy
- Sacroiliac Joint Dysfunction
- Sciatica
- Scoliosis



by Stefan Cravens

"I'm 95% Pain Free!"

I am a very athletic 50-year old man. I play some type of sports every day—running, tennis, basketball—so many other activities. All of this was putting me in pain every day, which made daily tasks difficult.

A friend referred me to his Chiropractor. I was doubtful about what kind of results I would receive, but I made an appointment anyway.

After a thorough exam and x-rays, my Chiropractor started me on an adjustment program.

Within a month, I was 95% pain free. It was so much more than I had expected! **I can continue to enjoy sports and being active, without the discomfort.**

I am so happy that I took a chance on Chiropractic treatment. **I continue with maintenance adjustments to keep me active and healthy.**

I send everyone I can to my Chiropractor so they, too, can receive the same amazing care! ❖

33.6 MILLION AMERICANS Sought Chiropractic Care LAST YEAR ALONE!

Make sure your family and friends are counted among them!! Gallup surveyed 5,442 U.S. adults, assessing their experience with, and perceptions of, Chiropractic care.

Out of 5,442 American Adults Surveyed...

14%

of the adult population has seen a Doctor of Chiropractic in the past year (33.6 million).

51%

(about 123 million) have seen a Chiropractor at least once in their lifetime.

61%

have a positive opinion about the effectiveness of treating back/neck pain with Chiropractic.

Source: Dynamic Chiropractic (10/15/15)