A website changed her life

The Cianci Chronicles

Dr. Christopher Cianci
Licensed chiropractor,
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(Authored by Bruce Hotchkiss)

By her own assessment, 26-year-old Samantha Fisher had "always had back pain."

But, as is often the case with persistent discomfort, you decide at some point that enough is enough, especially when headaches often come along with the back pain.

No more temporary fixes, she thought, no more pain relievers, muscle relaxers.

The pain always comes back.

Migraine headaches occur monthly.

There's something wrong, let's find out what it is and fix it, once and for all, she decided.

Sam Fisher, who has been employed for half a decade in the Easton office of McHale Landscape, went to the Internet.

"I was tired of having back pain' she said. " I was not familiar with any chiropractors in the area so I looked online.

"Dr. Christopher Cianci had the most information and a great website. I was really impressed by the website. It gave me all the information I wanted to know. It assured me that he wouldn't simply treat me, adjust me and send me home. It would not be a 'patch-care' thing."

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"This story shows how the power of information can change your life," commented the Easton chiropractor.

"Samantha sought out health information and made an informed decision on her health the way consumers often make decisions nowadays, by researching the web.

Dr. Cianci invited readers "to visit us on the web at www.drcianci.com.

Watch the short introductory video. Review past articles like this one and make yourself a more educated health consumer," he said.

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Samantha Fisher's first appointment was Nov. 4, 2011.

She admitted she had taken a chance but "after my review I could tell he would fix the problem permanently, not temporarily and that was a winner for me."

'It was huge commitment," she said. But over the next month, she gradually felt better. "Dr. Cianci was paying much more attention to my neck than my back," she recalled. But the discomfort in her back and her headaches was fading.

Then Sam Fischer — the 'Sam' is okay, she said, — discovered she was pregnant.

As Hurricane Sandy raged outdoors, Grayson Fisher was born Oct, 30, 2013, one day short of being a Halloween baby.

After his birth, she continued her chiropractic care and she recalls only two migraine headaches over the course of the nine months.

"I do think my chiropractic care was able to control my back pain during my pregnancy", Sam said. "I don't remember suffering from back pain at all as I got closer to my due date."

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Dr. Cianci commented that Samantha is a good example of a young person with real health issues that affect her work, her lifestyle and her mood.

But all too often, he added, "people just try to live with the problems" and they continue to fester.

Her discomforts — lower back problems and headaches three or four times a week — presents a scenario that is quite common, Dr. Cianci said.

"Recently, a local neurologist mentioned to me that he does not look at an MRI of a patient's lumbar (lower) spine unless he has, as well, an MRI of the cervical spine (the neck.) That's how prevalent this dual condition of lower back damage and neck damage can be."

It is interesting that, for more than 100 years, "we in chiropractic have talked about the spine and nervous system as a continuous system.," Dr. Cianci continued.

"Traditional medicine tends to focus more 'regionally' — as for example, on the lower back or the area of the neck. Thus, it is refreshing to see some of the more progressive medical doctors viewing the spine as a whole."

From the chiropractic perspective, Dr. Cianci said, you have to remove stress on all of the spine — the "wholeistic approach" — not just symptomatic areas in order to achieve -- and maintain — lasting results.

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In retrospect, Sam wonders if her back problems might be the legacy of a summer job she had many years ago — picking watermelons on the Wheatley farm in Caroline County.

"Sometimes," she said, "we are so rough on ourselves."

She said her chiropractic care under Dr. Cianci, in addition to ridding her of pain and discomfort, had improved her outlook on life and made her more aware of how to take care of herself. And that, Dr.Cianci chimed in, "will pay huge dividends in the long life ahead of her."

As for young Grayson, he, too, could become a Dr.Cianci patient.

"I would like to introduce Grayson to Dr. Cianci," Sam said. "If I can prevent Grayson from back pain and headaches, I will be a very proud mother."

(Dr. Christopher Cianci has been providing chiropractic health care in Easton since 1991. The Cianci Chiropractic Center is located at 8737 Brooks Drive, Suite 201, in the industrial and commercial park on Glebe Road, across from the new Lowe's. For further information, call 410-820-4070 or visit him on the Web at www.drcianci.com.)

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