

Nearing 80, she bet on chiropractic care, and won

BY DR. CHRISTOPHER CIANCI

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Nancy Graham decided to give chiropractic care a try when her only other alternatives were surgery or spending the rest of her senior years in bed.

So, at the suggestion of a friend, and despite having no previous experience with chiropractic care, she made an appointment, in March, 2005, with Easton chiropractor Dr. Christopher Cianci.

Today, Nancy, 84, enjoys an wonderfully active life, defying the usual limitations of her age, for example, to play tennis once a week at Easton's Cross Courts, doing yoga and by taking care of her home and five acres on Broad Creek near Royal Oak.

The latter includes cutting the lawn with a push mower. "I enjoy the exercise," she said, in a matter-of-fact way.

Nancy Graham is the widow of Dick Graham, whom she described as "the most interesting, exciting and loveable man ever."

The couple had five children who subsequently provided for them 14 grandchildren.

For the record, she said that she had served as president of the Planned Parenthood chapter in Milwaukee, Wis., where she was raised and spent her early years.

She laughed, noting that. Planned Parenthood or not, "the five Graham children came along in 6 ½ years."

Among other professional adventures, Dick Graham was, at one, time director of the Peace Corps in Tunisia. Nancy, during their years together in Washington, served as special assistant to four Peace Corps directors, and was co-founder, in the Cold War years, of the Institute for Soviet-American Relations which sought to bridge the cultural gap between the two nations.

The Grahams began spending weekends in Talbot County in 1979, bought their Board Creek property, built a home and finally settled here in 1990.

Through it all in the later years, Nancy suffered her allotment of "aches and pains," a torn meniscus in the left knee, sciatica and scoliosis, a curvature of the spine. It was the torn meniscus which attracted the attention of physicians who suggested surgery for the knee.

Recalling his first visit with Nancy Graham, Dr. Cianci said she appeared to be have lived an active and healthy life, but a different story emerged as their initial discussion continued.

“She had low back pain and sciatica.” Dr. Cianci said. “Grocery shopping was getting more challenging and she found she had to sit down and rest occasionally.

“In the past, she had done physical therapy and water exercise but now they offered little if any relief.” At one point, too, she had a cortisone shot and even surgery had been suggested.

Bottom line, however: Nancy Graham’s discomforts, Dr., Cianci said, were stemming from her spine.

With chiropractic care, Dr. Cianci continued, “she regained her activity, became a regular at the Cross Courts tennis courts, returned to taking care of her garden and, when the weather is right, takes a refreshing dip in the Bay at her home.”

Back to that troublesome knees...People who have an active lifestyle often injure the knee – the meniscus, Dr. Cianci said.

Early on in her treatment, “we used some specialized adjustment techniques that are effective in the extremity joints, such as the knees, the shoulders, the elbows and the wrists.”

It worked well, Dr. Cianci said, and she continues free of discomfort.

Assessing the rejuvenation of her health and her return to wellness, Nancy sees the chiropractic attentions of Dr. Cianci as “a bit of magic.”

“I believe in little miracles,” she said in her quiet voice, her eyes dancing a bit.

But, she implied, little miracles don’t happen simply by themselves.

“You have to believe that things are going to be okay.”

She paused.

“Then of course you have to find your Dr.Cianci.”