

# 'Discovery' paves way to arthritis care

You remember those stories about Arthur? ... "Arthur-ite-iss?" Everything was going along just fine until cousin Arthur decided to pay a visit.

While those little jokes tend to make us smile, even though we have heard them all before, Arthur's visit is neither funny or fun when the name is spelled in lower case — like arthritis.

It happens slowly, it sort of descends upon you. You don't see it coming.

Remember when you would pull into the parking lot of the grocery store, pass up a few parking spots closer to the door — leaving them for the elderly and infirmed?

Then you would grab a cart that was left out in the parking lot, taking it with you into the store. It felt good to do a couple of good deeds.

One day, you find yourself taking the first parking spot available.

You want to be the good guy, but you pass up the leftover cart in the lot, because pushing it all the way up the lot to the store 'fires up' that hip, or shoulder, or back. You will simply have to let the young cart guy go fetch it this time.

And then you notice that "this time" becomes "every time." You start to plot how far you might have to walk in the store. Y

ou arrange your list so that you take the fewest steps. You skip some items on the far side of the store — maybe you will get those items the next time, when you feel better

Just like that, it happens, and you don't see it coming.

Arthritis is inflammation of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. It is the leading cause of disability in America. Nearly 53 million adults and 300,000 children have some type of arthritis. It is most common among women and occurs more frequently as people get older

The most common types of



## The Cianci Chronicles

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*(Authored by Bruce Hotchkiss)*

arthritis are osteoarthritis and rheumatoid arthritis, sometimes referred to as "wear and tear arthritis."

Osteoarthritis causes cartilage to break down. Cartilage is the hard, slippery tissue that covers the ends of bones where they form a joint.

Treatments vary depending on the type of arthritis. The main goals of arthritis treatments are to reduce symptoms and improve quality of life.

And that is what we are all about at Cianci Chiropractic Center... reducing the symptoms and the pain of arthritis so you can regain your mobility, vitality and quality of life.

It's all too common in society today for us to blame our physical shortcomings on arthritis. More troubling than that, there is a misconception that there is nothing you can do about arthritis.

There's more to minimizing the effects of arthritis than avoiding activity you enjoy or taking drugs, as many would have you believe.

My staff is reminded to mention to patients when they call that "we do things differently here." And we are proud of that.

The difference is obvious when potential patient comes into the office for what we call "a discovery session." We say "potential" because our philosophy has been since 1991 — more than two decades — if we

can help you, we will assure you we can. If we can't help you, we will tell you that as well.

During a discovery session, I meet directly with you and review your medical history.

Most importantly, however, I want you to make me aware of how arthritis — or other health ailments — are limiting your life, your activities, your lifestyle.

You will get a tour of our office. You'll see our decompression table which works wonders on arthritic spines and degenerative discs in the neck and back.

You'll see our Laser which is a state-of-the-art technology for decreasing inflammation and reducing pain.

We will show you all of this before we even take your history. In a discovery session, we do not even schedule time for diagnostic testing — x-rays, nerve tests, electromyography, infrared thermography and others.

We simply review your health situation with the single intention of determining if our specialized approach is even warranted.

And one of our new patient advocates, Donna or Tiffany, will be happy to assist you in setting up a convenient time for your discovery session"

Discovery sessions are designed and offered simply as an opportunity to exchange information. There is no charge for them.

Perhaps some of this has made sense to you. Perhaps you've decided to avoid a life of limited mobility. If so, why not call our office to schedule a discover session?

*(Cianci Chiropractic Center is located at 8737 Brooks Drive in the Easton Industrial Park. You may schedule a discovery session or attend a free bi-monthly Wednesday evening health enrichment workshop. Contact Cianci Chiropractic at 410-820-4070. You can also find Cianci Chiropractic online at [www.drcianci.com](http://www.drcianci.com).)*

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