

'It's just arthritis'

Have you ever heard the verdict, "It's just arthritis?"

You've got an ache or a pain that limits your freedom, or perhaps your activity level.

Maybe your ability to do daily chores has been adversely affected.

You are suddenly discovering your life — even your livelihood — has become restricted, and you are not happy about it.

Your spouse or partner may not be very happy about it either.

You realize that the situation is not improving, and you may be noticing it's getting worse.

Your discomfort is creeping into every moment of your day and night.

It has progressed from a rare instance, to an occasional irritation to an everyday presence in your life.

You know you have to do something about this constant soreness — this chronic pain — that is beginning to control your life.

You find yourself in a medical office.

You are hoping they will find something wrong with you — something that can be treated, a particular and specific problem.

You sit there with high hopes that the result of the visit will bring some sort of help that will alleviate what ails you.

You simply want to get back to normal again.

The doctor, asks some questions and performs a few evaluations.

You describe how you want to garden again, to dance the



The Cianci Chronicles

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(As told to Bruce Bennett)

night away with the love of your life, to get back out with your golfing buddies, or to resume your exercise routine.

You are waiting with great anticipation for some prophetic advice — some sort of obvious solution or treatment that will help you with your problem.

Drum roll ...

"Well, it's just arthritis."

What do you do about arthritis?

As a chiropractor, nothing bothers me more than simply blaming someone's problem on "just arthritis."

Usually there are things that can be done and steps that can be taken. You can do a few things to minimize its effects, and we can do some things to minimize them as well.

Together — your doctor, you and I — can work toward bringing your life back, to get and keep you healthy mobile and active.

That's the goal, to decrease pain.

The results can be astonishing, and the benefits to your life are well worth pursuing.

The results have a tendency to compile, then build like a wave and wash away the hopelessness.

The goal will be increased activity, energy and vigor which gives many people the courage to do even more to get back to the life they once loved.

Chiropractic care can help. Don't simply try to live with it.

Tell me what's bothering you, and allow me the opportunity to see what can be done.

Join the thousands since 1991 who've chosen a different path — a solution-oriented path.

Call or stop by my office, the Cianci Chiropractor Center off Glebe Road in Easton, and set up a consultation.

There is no charge for a consultation, and my staff and I can lead you away from the slippery slope of arthritis pain and help you regain your life again.

Your garden, your golf buddies, your boss and your significant other will thank you!

(Cianci Chiropractic Center is located at 8737 Brooks Drive in the Easton Industrial Park.

You may schedule a private consultation with the doctor 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.)

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