

Media Release

October 2014



Chiropractic- helping people with arthritis

Arthritis is a painful and debilitating condition and can have a significant impact on the quality of life of individuals suffering from this disease. On 12th October 2014, World Arthritis Day the United Chiropractic Association is highlighting the benefits Chiropractic care can have for those suffering from this condition.



A study published in the *Annals of Internal Medicine*¹ reported that 63% of patients who visited a rheumatologist for rheumatoid arthritis, osteoarthritis and fibromyalgia conditions also sought some form of complementary and alternative medicine (CAM). Of these individuals 31% (almost half) chose Chiropractic care, making Chiropractic the most popular alternative used by this group of people. **Importantly**, 73% of these patients determined that Chiropractic care was helpful in controlling their chronic pain.

An additional aspect of this study was to determine why these arthritic patients chose CAM and the reasons they gave are somewhat typical; (1) because their prescribed medication wasn't working to control pain (2) because they heard it would help; (3) because it is **safe**; (4) because it helped someone they know.

Reducing the use of prescription medicines or over-the-counter medications such as NSAIDs for pain relief means fewer harmful side effects and addiction from long term use. The lifestyle changes associated with chiropractic recommendations will also positively influence diet, exercise and overall health.

The ability to control some symptoms through Chiropractic care not only reduces the financial burden on the NHS (arthritis cases are set to double by 2030!) but more importantly it improves the quality of life of those suffering from the disease and may in some cases delay the necessity to take early retirement.

To find your local UCA chiropractor visit www.live-well.uk.com

¹ Rao JK, Mihaliak K, Kroenke K, Bradley J, Tierney WM, Weinberger M. Use of complementary therapies for arthritis among patients of rheumatologists. *Ann Intern Med* 1999; 131:409-416.