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the patient's condition changes is comforting for both me as the treating physician, and for the patient. I also trust that my chiropractor colleagues are assessing whether or not diagnostic imaging is indicated, which allows for more efficient use of physician time and judicious use of imaging resources."

Firefighter Nick Patel experienced this first hand.

"When I was in pain, I had to take a full month off work. My chiropractor was part of a team of healthcare professionals who helped me get better," he says. "Now I'm back to full duty. My job is incredibly important to me. It's where I want to be."

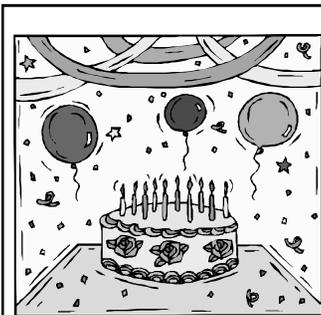
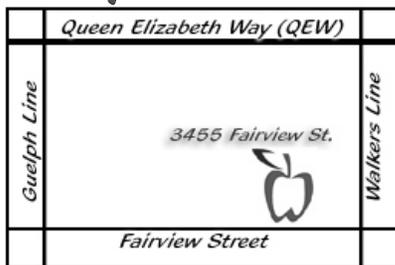
From the May 2011 issue of the OCA News and www.canadianhealthcarenetwork.ca

KNOW SOMEONE WHO COULD USE OUR HELP?

WEDNESDAY, JUNE 8th
7pm—8pm

Recommend your friends and family come to attend Dr. Brad's **FREE HEALTH SEMINARS** at Goodness Me®.

The topic of discussion will be:
HEADACHES



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www.lifechiropracticcentre.ca



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LifeLine Newsletter

JUNE 2011

Life Chiropractic Centre

We help families build healthy, vibrant, drug-free lives!

LOWER BACK PAIN

Simple tasks like putting on a pair of shoes or socks, shaving, driving a car, lifting up your kids, vacuuming, and prolonged sitting or standing can sometimes be very difficult. Not to mention if you have a job that requires you to do physical labour, or you like to play sports, workout; and all the chores associated with owning a home.

Did you know that about 85% of the population will experience disabling lower back pain (LBP) at least once in their lives?! And, according to one researcher, the problem is so bad that at any one time, 6–8 % of the adult population is suffering from an episode of LBP lasting more than 2 weeks. What is even worse is that most people do not know what to do if they have a lower-back problem. Some are told it will go away on its own. Others are told that they will have to learn how to live with it. Then there are those who are told that taking drugs and medication is the answer to their problem. What is unfortunate is that while all health practitioners have good intentions, a lot of these recommendations are misdirected and will result in worsening the patient's back condition. Many times this will lead to the need for surgery and most times after surgery your back is just never the same again.

Now, if you've been told your back problem is due to a disc problem, this is what you need to know. Discs do not slip. They are attached to the vertebrae they sit in between and actually join the spinal bones together. They act as spinal shock absorbers, help maintain proper spinal posture and give your spine its flexibility and strength. Discs can swell, bulge, rupture, and degenerate; but they do not slip.

"...they were told to take drugs and all the while they thought they felt better, they were doing more damage to their back because they couldn't feel it due to the drugs."

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And this too can be a source of lower back and/or leg pain as well as many of the symptoms previously mentioned.

BACK FACTS to consider...

- Lower back pain (LBP) has been documented frequently in children under 10 years of age.
- Back symptoms are among the ten leading reasons why a person will visit an emergency room.
- Back pain will become chronic in 5–10 % of those who suffer.
- Back symptoms are the most common cause of disability in people under 45 years of age.
- People who smoke, are obese, think depressing thoughts, are anxious and subject themselves to high levels of stress have a much higher incidence of LBP.
- Your back is most vulnerable to injury during the first hour after waking, and anytime after prolonged periods of sitting or sleeping.
- Most back injuries are not the result of a single activity or exposure to heavy lifting, but instead are related to repetitive motion and overall poor spinal hygiene. Poor spinal hygiene is when your spine is not properly postured, is unbalanced (tipped pelvis) and has any type of disc problem as those outlined previously.

All of these will cause painful spinal joints, irritated spinal nerves and any of the symptoms and other health conditions previously related to problems with the lower back.

Some symptoms that you may not associate with lower back problems are: constipation, IBS (irritable bowel syndrome), impotence, infertility, bladder infections, urinary tract infections, bed-wetting, frequent urination, groin pain/pulls, weak knees and ankles and propensity to sprains of the knees and ankles.

The sad thing is that most people do not know what to do if they or their children start suffering with LBP. Most often they are told to take drugs. Pain killers, muscle relaxants, anti-inflammatories or combinations thereof are often prescribed. And even if these do mask the symptoms, they DO NOT address the cause of the problem. They do, however, carry the risk of side effects such as stomach bleeds, digestive upset, kidney, and liver problems.

This is just too risky a trade off especially when you consider that the drugs are just masking the problem. They cover up but do not cure. In all my years of practice I have not come across someone having a

health problem because they were NOT taking medication. I have seen, however, countless patients with serious lower-back problems because they were told to take drugs and all the while they thought they felt better, they were doing more damage to their back because they couldn't feel it due to the drugs.

THE FACTS SPEAK FOR THEMSELVES: Doctors of chiropractic relieve chronic and severe pain, both immediate and long term, in half the time it takes medical physicians. There are now in excess of 60 scientific studies which demonstrate the value of manipulation. Manipulation is a most cost-effective form of treatment for dysfunctional problems in the cervical, thoracic and lumbar spines (lower back).

Why are the results so overwhelmingly in favour of chiropractic? Because chiropractors have helped millions of people with LBP problems, often saving them from pain, disability, drugs and surgery. The chiropractor's purpose is to make your spine and its nerves, discs and muscles healthier, stronger and more stable by correcting your spinal misalignments. Anyone suffering from a back problem should see a chiropractor as this may make the difference between a life of ease, health and comfort; or a life of pain, disease and disability.

CHIROPRACTIC IN THE NEWS

An article recently featured in the online edition of the *Medical Post* chronicles the positive patient experience of Markham firefighter Nick Patel, who was successfully treated with chiropractic and returned to active duty.

The article also discusses chiropractic care for high-performance athletes, citing the inclusion of chiropractors within the core medical team at the Vancouver Olympic games, and features the partnership between the Canadian Memorial Chiropractic College and Toronto's St. Michael's Hospital to provide chiropractic care to the inner-city patient population of the hospital's Department of Family and Community Medicine. Quoted in the story is St. Michael's family physician, Dr. Judith Peranson:

"Patient satisfaction is huge. People are getting a lot of relief. Often, given the socio-economic vulnerability of much of the community we serve, these are patients who wouldn't be able to access this kind of care elsewhere..."

"Chiropractors are regulated health professionals who are going to practice due diligence in ruling out any serious underlying problems and make note of any red flags. Having the confidence that they're going to call me if