



WEBER CHIROPRACTIC OFFICE, S.C.
Providing Choices in Complementary Health Care
Gentle Chiropractic Therapy – Acupuncture – Rehabilitation –
Low Level Laser – Nutrition – Medical Weight Loss - Kinesiotaping



America's Scary Pain Pill Habit

That is the headline on the September, 2014 issue of *Consumer Reports*. The article says that prescriptions for opioid narcotic drugs such as hydrocodone, Oxycontin, morphine and Vicodin have climbed 300 percent in the last decade. These are now the most commonly prescribed medications in the U.S. With the dramatic increase in use has come a dramatic increase in **overdose deaths from these drugs: 46 people per day or almost 17,000 people per year**. And for each death, "more than 30 people are admitted to the emergency room because of opioid complications." Appropriate use of these drugs is for post surgical pain or those suffering from cancer. Long term use of these drugs is as addictive as heroin and all of those consequences. Besides deaths, these drugs make people unsteady, causing falls and broken bones, especially hips, leading to additional deaths and disabilities.

Besides the opioids, most people feel that over the counter medicines such as acetaminophen (Tylenol), ibuprofen (Advil) or Aleve are safe for long term use. How many people do you know, start their day with one or two of these just to make them feel better? Liver failure and toxicity results from long term use of acetaminophen, kidney failure and stomach bleeding result from long term use of ibuprofen and stomach ulcers and bleeding results from long term use of Aleve. These result in many thousands of additional deaths and hospitalizations per year.

One of the most common reasons for prescribing these medications and over-the-counter drug use is for back pain, other musculoskeletal pain and headache. If you consult a medical physician with one of these complaints, besides getting X-rays and frequently an expensive MRI, you typically leave with prescriptions for pain pills and muscle relaxers without really knowing what is causing the pain or how to avoid it in the future. If you see an orthopedic surgeon first about back pain, a **2012 Washington State workers compensation study showed you have a 45.7% chance of having back surgery compared to only 1.5% if you first consulted a chiropractic physician**. If you see your primary care physician first, he/she may then send you to an orthopedic surgeon and then will probably send you to physical therapy. Between each of those visits, you usually have two or three weeks. Now you are six weeks out from the start of your pain and it is either going away on its own or it has become worse.

Conservative care through our office gives you an immediate orthopedic evaluation and treatment, if deemed appropriate, it is started immediately. It has been my experience over 36 years of treating these conditions that a cause can be determined and treated within 4-6 weeks and the patient educated on its avoidance in the future. It is cost effective and the condition does not become chronic.

Thanksgiving

As we approach the holidays, I want to say how grateful I am to be a part of your health journey. I approach each visit with you as an opportunity to help you live your life effectively and without pain. I continue my education throughout the year to learn the most current approaches in conservative health care. This keeps me excited about what I can offer you as a patient. Not everyone responds the same way and I have learned many different ways of evaluating and treating conditions. I look forward to continuing our journey in the New Year.

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