

# October '16 Wellness Letter

Dear Patients and Friends,

October is National Chiropractic Health Month. The American Chiropractic Association is working to shed light on the Opioid Epidemic and to educate the public on the benefits of natural Chiropractic Care.

The following are some important facts you need to know. Please be sure to share this information with your family, friends and co-workers so we can help to bring about change.

## The Opioid Epidemic

- Americans, constituting only 4.6 percent of the world's population, have been consuming 80 percent of the global opioid supply.<sup>1</sup>
- As many as one in four people who receive prescription opioids long term for non-cancer pain in primary care settings struggle with addiction.<sup>2</sup>
- From 1999 to 2014, more than 165,000 people – three times the U.S. military deaths during the 20 years of the Vietnam War – have died in the United States from overdoses related to prescription opioids.<sup>3</sup>
- Overdose deaths resulting from opioid abuse have risen sharply in every county of every state across the country, reaching a new peak in 2014: 28,647, or 78 people per day – more than three people per hour. <sup>4</sup>
- The cost of opioid abuse to U.S. employers is estimated at \$18 billion in sick days, lost productivity and medical expenses.<sup>5</sup>
- Of all the participants in 13 randomized, controlled trials involving the short-term effects of opioids for chronic low-back pain, at least half withdrew because the drugs did not work or they experienced adverse health events.<sup>6</sup>
- Women are more likely to have chronic pain, be prescribed prescription painkillers, be given higher doses and use them for longer time periods than men. Women may become dependent on prescription pain relievers more quickly than men.<sup>7</sup>
- 259 million prescriptions for painkillers were written in 2012 – enough for each American adult to have a bottle of pills.<sup>8</sup> Chiropractic: A Part of the Solution



- In January 2015, the Joint Commission, the organization that accredits more than 20,000 health care systems in the U.S. including every major hospital, recognized the value of non-drug approaches in the face of the U.S. opioid abuse epidemic by adding chiropractic and acupuncture to its pain management standard.
- The CDC Guideline for Prescribing Opioids for Chronic Pain and the National Pain Strategy both encourage medical doctors to utilize nonpharmacologic conservative care and consider non-addictive alternative options, behavioral changes and non-addictive pain relievers.
- A study that examined large Medicare datasets revealed that in geographic locations with more doctors of chiropractic and a higher level of Medicare payments for chiropractic manipulation, there were fewer patients taking opioid drugs.<sup>9</sup>
- Chiropractic care in conjunction with standard medical care was found to offer a significant advantage for decreasing pain and improving physical functioning when compared with only standard medical care for men and women between 18 and 35 years of age with acute low-back pain.<sup>10</sup> American Chiropractic Association [www.acatoday.org](http://www.acatoday.org)
- Doctors of Chiropractic (DCs) are the highest rated healthcare practitioners for low-back pain treatments above physical therapists, specialist physicians/MDs (i.e., neurosurgeons, neurologists, orthopedic surgeons), and primary care physicians/MDs.<sup>11</sup>
- A study on upper-cervical chiropractic care for neck pain, headache, mid-back and low-back pain concludes that 9.1 out of 10 patients indicate a very high level of satisfaction in the care they received.<sup>12</sup>

The American Chiropractic Association encourages patients and health care providers to first exhaust conservative forms of pain management, when appropriate, before moving on to riskier, potentially addictive treatments such as opioids.

Our goal is to help our patients to reach peak performance without drugs or surgery. Call our office today at (315) 342-6151 and take the first step towards a healthier lifestyle.

Make It a Great Day,

Dr. Ed

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\*\*\*References Available Upon Request

