

Dr. Colin Gage

Nicola Valley Chiropractic
2076A Granite Ave.
P.O. Box 909
Merritt, BC
V1K 1B8

Ph: (250) 378-5456
Fax: (250) 378-8259
Email: info@merrittchiro.com
Website: www.merrittchiro.com

"treating the cause of your problem, not just the symptoms"

Get Relief Without the Side Effects

"They've taken away my pain medication", George, an elderly patient worried. "Now my arthritis pain is returning. What am I going to do? I hurt so much, but the side effects could kill me". What can people like George do?

George, like millions of other arthritis sufferers, is rightly concerned about the safety of a number of anti-inflammatory drugs called "Cox-2-Inhibitors". A warning is out about the popular arthritis drug Celebrex, as it increased heart attacks in a recent study. Celebrex contains the same active ingredient or drug in it as Vioxx, which was pulled from the market due to an increased risk of heart attack and stroke. Bextra is another drug that is similar to Celebrex and Vioxx and it had a heart warning added to its label this year. George and people like him are searching for safe pain relief. Fortunately there are natural alternatives that are safe, and without the life-threatening side effects.

First among these is chiropractic care. Chiropractic is the largest drug-free, natural healing profession in Canada. It has been around for over 100 years. Modern doctors of Chiropractic are highly trained health care providers. What can a chiropractor do for arthritis and other muscle and joint type pains? Quite a lot actually.

Even for people with chronic pain, research has shown a benefit with chiropractic. The type of care that chiropractors are so highly trained to provide, has been shown to improve spinal function and reduce pain. A recent study comparing the Cox-2 inhibitors Vioxx/Celebrex/Bextra to chiropractic spinal adjusting for the treatment of chronic spinal pain was published in July 2003 in "Spine" Spine is the world's number one orthopedic journal. It was proven that chiropractic spinal adjusting was better than 5 times more effective in treating chronic spinal pain than were the Cox-2 Inhibitors. In addition, the drugs resulted in more patients experiencing adverse reactions, side effects, than pain relief during the study period. Chiropractic spinal adjusting resulted in far superior results with no adverse reactions.

Modern chiropractic has evolved over the years to include many ways to safely treat elderly patients, even frail ones. Nowadays, there are many different chiropractic techniques used, some

of which are designed to be much more conservative or gentle for young children or the elderly (who may have more fragile bones due to osteoporosis).

Prevention is always worth a pound of cure. Chiropractic care has now been shown to reduce the effects of aging on the spine. Exciting new research proves that spinal manipulation prevents the loss of joint function and the arthritic changes that accompany it as we age.

The benefits of spinal manipulation are well documented in the scientific literature and research continues to establish the efficacy of chiropractic care. However, unfortunately, the majority of the media does not adequately inform the public about the safety and effectiveness of chiropractic.

Will chiropractic treatment help you with your chronic pain? The only way to find out is to make an appointment to see one and tell him or her exactly what you are feeling. Then, after a proper examination of the area in question, he or she will tell you if chiropractic care could help you.