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

See a Chiropractor, Save Your Stomach

If you surfed the internet for medical information pertaining to back pain or headaches, you would find more information than you ever thought possible. Unfortunately, not all of it is quality or good information and you don't always get "both sides" of the story.

Recently, I was looking for information about the potential health risks of taking nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin, Advil, Aleve, Motrin and Naprosyn. What I found on a website co-sponsored by the American Gastroenterological Association (an association of medical doctors specializing in gastrointestinal disorders) was disturbing. This source tells us that an estimated 16,500 Americans will die this year from stomach bleeding due to nonsteroidal anti-inflammatory drugs (NSAIDs), such as aspirin, Advil, Aleve, Motrin and Naprosyn. An additional 103,000 will be hospitalized due to stomach bleeding or severe ulcer attacks.

As the directions on most bottles of such products clearly warn, NSAIDs are available over the counter for only one purpose: temporary pain relief (10 days or less). While long-term use occasionally may be justified under strict medical supervision, many people self-medicate with NSAIDs for extended periods. It is quite probable that you have at least one friend, co-worker or relative who has been taking NSAIDs on a weekly (or even a daily) basis for months or years at a time. The chances are good that this risky overuse is for relief from back pain, neck pain or headache.

Sound scary? Well, it is. Fortunately, there are other options. If you are a chiropractic patient, you are already aware that back pain, neck pain and headache often are related to nerve irritation caused by misaligned or restricted spinal joints. Chiropractic treatment addresses the actual "cause" of these problems, rather than masking the painful "symptoms". This results in the painful symptoms often disappearing once the actual problem is corrected. Thus, for many people, chiropractic care can dramatically reduce or eliminate NSAID dependence.

If you know someone who is unknowingly exposing themselves to the dangers of NSAID-related gastrointestinal injury, save their stomach and encourage them to try chiropractic care instead. If you are not yet under chiropractic care, refer yourself. The stomach you save just might be your own!

