

STEWART CHIROPRACTIC NEWS... *Taking charge of your health!*

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MEDICATIONS: A PRESCRIPTION FOR DISASTER

I have made it no secret that I am not a proponent of medication as a preferred method of treatment. Medications mask symptoms and force the body to do or act a way in which it is not designed. Medications do not cure. However, if all they did were mask symptoms or relieve pain, even temporarily, wouldn't that be a good thing? Unfortunately all medications are, by nature toxic to the body. All medications have negative side effects whether they are manifested quickly or over time. Hence, we end up "robbing Peter to pay Paul." Let me give you a few recent examples:

- **Sept. 30, 2004** the arthritis drug Vioxx, was pulled off the market after a clinical trial showed that it "doubles a person's risk of heart attack and stroke". Vioxx and Celebrex are similar to aspirin, like super aspirin. Vioxx was approved by the FDA for sale in May of 1999.
- **Oct. 15, 2004** The FDA issues a public health advisory directing manufacturers of all antidepressant drugs to revise their product labeling to include a "black box" warning to alert health care providers of an increased risk of suicidal thoughts and behavior in children being treated with the drugs. The announcement affects the entire class of antidepressant medications including Prozac, Zoloft, Paxil, Luvox, Celexa, Lexapro, Wellbutrin, Effexor, Serzone, and Remeron among others.
- **Dec. 8, 2004** The Journal Neurology reported that habitual use of all brands of pain relievers caused a 46 % increase in gastrointestinal disorders.
- **Dec. 17, 2004** A letter to doctors appearing in The New England Journal of

Medicine's Dec. 23, 2004 issue, stated that in light of the findings for Vioxx, clinicians should "stop prescribing" Bextra (in the same drug family as Vioxx). Bextra was approved for sale by the FDA in 2001.

- **Dec. 20, 2004** The FDA issues an alert that Celebrex use "may be associated with an increased risk of adverse cardiovascular events, including death, acute myocardial infarction, and stroke." Celebrex was approved by the FDA in 1998.
- **Dec. 20, 2004** The FDA warns health professionals "of the risk of hepatotoxicity (liver damage)" that is associated with the use of Strattera.
- **Dec. 21, 2004** The FDA advises patients taking Aleve "to take the drug no longer than 10 days without consulting a physician." The advisory was issued after the National Institutes of Health had halted a study after finding out that patients taking Aleve had "50% more heart attacks and strokes." Naproxen, the generic name for Aleve, was approved by the FDA for prescription sale in 1976 and for over the counter sale in 1994.
- **February 23, 2005** The journal "Neurology" stated that those who used over the counter pain killers were 44% more likely to have rebound or chronic headaches than those who did not use medications for their pain symptoms.
- **March 24, 2005** the National Institutes of Health consensus panel warned that hormone replacement therapy might have "serious side effects". This statement was stated as a more stern warning than the warning given back in 2002 when a major study was halted prematurely due to greatly increased risk of heart disease, stroke, and cancer with the therapy. The report went on to say that new studies also show HRT linked to bladder incontinence.

These and other headlines are disconcerting given the fact that over the last 5 years the percentage of the U.S. population that is taking at least one prescription drug rose from 39.1% to 49.5%. These increases are seen in all age groups. In fact, in children the increase was 30%, not the 10% national increase seen in other age groups. Society's trend toward seeking health through drugs has been increasing for decades, yet the sharpest increase and the tendency toward multiple simultaneous drug therapies are more recent. This approach to health, and its subsequent risks and complications, will continue to thwart our efforts individually and as a nation to return to optimum health. In reality drug usage is not health care rather crisis care. As long as we continue to use drugs, we will continue to be in crisis health wise.



If your desire is to get off the drug/medication merry-go-round, and really improve your health for the long run, I invite you to give us a call to see how we can help you and your loved ones regain full health and vitality and ultimately a better quality of life.

DR. KEVIN L. STEWART takes



pride in the 10 years he has offered skilled chiropractic care to his clients. His commitment to his patients and their health keeps him abreast of the

latest technologies as well as advances in patient care. In accordance with his commitment to patient comfort, satisfaction and convenience, Stewart Chiropractic is open 5 days a week and provides emergency care 24 hours a day, 7 days a week. In treatment

programs, prescribed gentle adjustments, advanced techniques, modern diagnostic, and therapeutic equipment are combined to attain optimum patient care.