



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

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**CHIROPRACTIC OFFICE HOURS:** Monday, Wednesday, Friday 9 AM – 5 PM  
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August 2005



## TOO FEW ANSWERS AND TOO MANY PEOPLE IN PAIN

As a chiropractor, I deal with patients in pain every day. I am proud to say that we treat them here with very good success. However, Americans in general are far from pain free and where they are looking for relief isn't working. In a joint effort by ABC News, USA Today, and Stanford University Medical Center, a random survey of the U.S. adult population was asked some questions such as the frequency and primary location of pain, the impact of pain on daily life/activities, and what attempts have been made to alleviate the pain and their effectiveness. Some of the results are as follows:

- 44% of those surveyed reported experiencing acute pain
- 34% reported that their pain was recurrent or episodic with frequency being "often"
- 19% reported chronic pain

## PAIN RELIEF: INADEQUATE ATTENTION = INADEQUATE RELIEF

- Only 63% of the survey respondents said that they had spoken with a health care professional regarding their pain.
- For those who consulted a health care professional only 31% reported "a great deal of relief", 41% reported only "just some relief" or "hardly any/none"
- In terms of location of the pain it is not a surprise that those surveyed overwhelmingly named the back as their primary source of pain (25%) Knee pain was 12%; headaches 9%; and leg pain

7%



**PAIN REMEDIES:** over-the-counter drugs were the most commonly reported pain remedy utilized by the respondents, being used by 84%. Home remedies was the second most popular pain-relief technique with 81%. Prescription drug use was third on the list, with 60% using them for pain relief. Of those who reported using prescription medications, nearly 20% took them on a daily basis. Chiropractic care tied for sixth on the list (28%) with massage (28%) for pain care used. Substantially more people used prayer (58%) and bed rest (58%) for pain relief. Other pain remedies on the list included homeopathic/herbal remedies (16%), yoga/meditation (14%), alcohol (12%), marijuana (6%), and acupuncture (5%).

The \$64,000 question is "what was the effectiveness of the pain remedies tried?" None of the five most popular pain-relief measures (over-the-counter drugs, home remedies, prescription drugs, prayer, and bed rest) achieved more than a 41% success rate in terms of effectiveness. Only 34% said that over-the-counter drugs "worked well" and only 41% said the same for prescription medications.



By comparison, despite being sixth in terms of utilization, chiropractic worked "very well" for pain relief according to 55% of those who tried it, ranking it number 1 among all remedies listed.

## WHAT THE SURVEY TELLS US:

- A great number of people are in pain: acute, chronic, or episodic.
- Despite the fact that such a large percentage of people are suffering in

pain, many do not consult a health care professional for their pain, and usually not a chiropractor. This despite the fact that back and neck pain are by far the most common source of pain, and chiropractors well-established experts in managing back pain. Research reported in the Spine Journal in 2003 and later again in Dynamic Chiropractic in 2005, demonstrates that chiropractic is the "only" care providing "broad based long-term benefit for chronic spinal pain."

- Use of medications is rampant among Americans in pain; however, the resulting pain relief is low. The survey also did not mention the high rate of dangerous negative side effects, which, among other things, in many cases causes an increase in pain rather than alleviating it.

- When people do use chiropractic for their pain, it works!

The take home message is clear: people are in pain, and they aren't happy about the current pain relief options. If you or someone you know is suffering and are searching for effective, long-term pain relief, then give chiropractic a try.



**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.