

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Performance Health Center

“We don’t see things as they are, we see things as we are.” ~ Anais Nin

**Centers for Disease Control and Prevention (CDC)
publishes alarming pain medication facts:**

*“Deaths from prescription
painkillers* have reached
epidemic levels in the past decade.
The number of overdose deaths
is now greater than deaths from
heroin and cocaine combined.”*



*“Prescription painkillers” refers to opioid or narcotic pain relievers, including drugs such as Vicodin (hydrocodone), OxyContin (oxycodone), Opana (oxymorphone), and methadone.

Also this month:

- ✓ **More Sugar Blues** – new study finds evidence that sugar, and not other diet and lifestyle factors, may be the primary cause of Type 2 Diabetes.
- ✓ **Believe In Karma?** Find out how this homeless man “paid it forward” and cashed in BIG TIME!

Natick- Times have really changed, and with all great sources of information available today, people understand that drugs and medications have both pros and cons.

The pro is something that may help you, such as managing pain. The con can be any number of side effects...

Including DEATH

All drugs and medications have side effects. Some may be so small they are difficult to measure, but they still exist.

This does NOT mean all drugs and medications are bad. Not even close. But these TWO BIG QUESTIONS should be asked before YOU take ANY drug or medication:

(1) Does the potential positive outweigh the potential negative? In other words, is the possible benefit greater than the possible side effects or risks?

(2) Is there a different way to get the same or similar results with potentially fewer side effects or less risks?

Let’s take back pain for example... Chances are, you have or will have back pain. Statistics show that up to 80% of the population will experience back pain at some time in their life.

What do people do when they have back pain?

Most take non-steroidal anti-inflammatory (NSAID) drugs in an attempt to relieve the pain.

NSAIDs are widely accepted for treating pain and are sold over-the-counter. According to WebMD, “[NSAIDs] are among the most common pain relief medicines in the world. Every day more than 30 million Americans use them to soothe headaches, sprains, arthritis symptoms, and other daily discomforts.”

Common NSAIDs sold over-the-counter include:

- Aspirin (Bufferin, Bayer, and Excedrin)
- Ibuprofen (Advil, Motrin, and Nuprin)
- Ketoprofen (Actron and Orudis)

- Naproxen (Aleve)

But what most people DO NOT know is: Each year, the side effects of long-term NSAID use cause nearly 103,000 hospitalizations and 16,500 deaths. In fact, more people die each year from NSAIDs-related complications than from AIDS and cervical cancer in the United States.

As you can see, questions #1 & #2 are very important if you have back pain and are thinking about taking NSAIDs. You must ask yourself, "Is the potential pain relief I might get worth the risk? Is there another choice that gets similar or better results without the risk?"

According to WebMd: *"Among people seeking back pain relief alternatives, most choose Chiropractic treatment. About 22 million Americans visit Chiropractors annually. Of these, 7.7 million, or 35%, are seeking relief from back pain from various causes, including accidents, sports injuries, and muscle strains. Other complaints include pain in the neck, arms and legs, and headaches."*

WebMd also mentioned the safety and effectiveness of Chiropractic care: *"Spinal manipulation and Chiropractic care is generally considered a safe, effective treatment for acute low back pain, the type of sudden injury that results from moving furniture or getting tackled. Acute back pain, which is more common than chronic pain, lasts no more than six weeks and typically gets better on its own."*

"Research has also shown Chiropractic to be helpful in treating neck pain and headaches. In addition, osteoarthritis and fibromyalgia may respond to the moderate pressure used both by Chiropractors and practitioners of deep tissue massage."

It's amazing how not too long ago Medical Doctors (MDs) shunned Chiropractors as quacks. Now modern MDs understand what Chiropractic care can do and work hand-in-hand with Chiropractic Physicians. You might even have been referred to our office from your PCP.

Here is something else you should know about before choosing a back pain treatment, or any treatment for pain...

According to findings published by the Centers for Disease Control and Prevention (CDC), more people die every year from prescription painkillers than from heroin or cocaine combined. Enough prescription painkillers were prescribed in 2010 to medicate every American adult around-the-clock for a month.

According to the CDC's findings: *"Overdose deaths from prescription painkillers have skyrocketed during the*

past decade. Prescription painkiller overdoses are a public health epidemic.

- *Prescription painkiller overdoses killed nearly 15,000 people in the U.S. in 2008. This is more than 3 times the 4,000 people killed by these drugs in 1999.*
- *In 2010, about 12 million Americans (age 12 or older) reported non-medical use of prescription painkillers in the past year.*
- *Nearly half a million emergency room visits in 2009 were due to people misusing or abusing prescription painkillers.*
- *Non-medical use of prescription painkillers costs health insurers up to \$72.5 billion annually in direct health care costs."*

One of the biggest problems with these prescription painkillers is they are EXTREMELY addicting. Quite frequently, prescribed painkillers end up in the hands of people who misuse or abuse them. Many become "hooked" and lose everything- including their lives.

The painkillers we are referring to are opioid or narcotic pain relievers, including drugs such as Vicodin (hydrocodone), OxyContin (oxycodone), Opana (oxymorphone), and methadone.

Great caution should be used before deciding to take such powerful and addictive medications, and other options (without the same risk level) should be looked into as well.

Many states have reported problems with "pill mills." These are medical clinics that dispense large amounts of these painkillers when they are not medically necessary.

Some addicted patients even go to multiple doctors to get several prescriptions filled. This is called "Doctor Shopping."

When you look at this epidemic and deadly situation, ask yourself the two questions we talked about in this article. Is there another way that is both effective and safer?

This is why 22 million Americans visit Chiropractors every year, and Chiropractic has become an accepted treatment method for back and neck pain by the medical community.

And remember, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help and don't enjoy anything more than participating in providing you natural pain relief and keeping you healthy.

How This Homeless Man “Paid It Forward” and Cashed In BIG TIME!

Society seems to prefer rewarding people who do “bad” things. Reality shows are filled with “stars” who don’t exactly follow the golden rule. In fact, most people have a very hard time believing something like karma can exist. Well, if you don’t believe in karma, you might after reading this incredible story. At the very least, you will know there are still some wonderful people left in the world.

Here’s the story: Billy Ray Harris was 55 and homeless. He had a regular spot on the street where he put out a cup for donations.

Sarah Darling walked by Harris and wanted to help. She reached in her change purse and put a handful of change into his cup. It wasn’t much, but every bit helps...

Later that day, Harris got on his bike to leave and dumped the change into his hand, but there was not only change. There was something else. Something shiny. A ring.

Harris didn’t think much of it. It was probably some cheap costume jewelry. Knock-offs and fakes were all over the streets, but he wasn’t sure, so he took it to be appraised.

That’s when things changed, and changed fast. The appraiser took a look at the ring and immediately offered him \$4,000.00 cash. Harris was broke and tempted, but his grandfather didn’t raise a crook.

So he kept the ring and went back to his regular spot on the street and waited. It wasn’t long before Sarah appeared and Harris presented her with the ring.

Sarah said it was a tremendous loss when she thought the ring was gone. She told Harris she was eternally grateful to him. She didn’t think in a million years she would ever see that ring again.

But that’s just the beginning of the story. What happened next is nothing short of incredible...

The story of Harris giving the ring back went viral, and he became an internet sensation. Supporters started donating money to help Harris find a house to live in. In no time, \$175,000.00 had been raised!

It has been said that whatever you give comes back ten-fold. Well, Harris turned down \$4,000 to do the right thing and it turned into \$175,000.

But it gets even better... Harris was able to get back in touch with his family that he hadn’t seen in 16 years. His younger sister saw the story about him and was able to find out where he was. After they spoke on the phone for over 90 minutes, Harris’ sister told him he could live with her. He always had a place with her.

Since then, Harris has been in touch with his three other siblings and the nieces and nephews he didn’t know he had.

Harris is now working for a Jazz band and living with a member of the band while he acquires the proper identification to open a bank account.

Here is a final “twist” to the story... Sarah Darling’s husband, Bill, is the person who launched the donation page for Harris, and they have become friends. Bill often has dinner with Harris and is helping him with his identification paperwork and getting his life straightened out.

Harris is planning a family reunion in Texas in July.

So does karma exist? That’s for you to decide. But one thing is clear. There are still wonderful people left in the world.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don't be a stranger. Call us and we will assist you in putting together a customized treatment plan. It's not a luxury anymore! With our payment plans, it's less expensive to maintain your good health! You really can afford Chiropractic care! Don't wait until you can no longer move!

Did You Know?...

You Can Enrich Your Life With Music, For A Second Or Third Time...

Mid-lifers often feel the need for “something new” in their lives. At age 55+, some buy a sports car, some move to another city, and some marry a person a few decades younger than them. But, putting music back into your life could be a more satisfying and less costly pursuit.

It doesn't matter whether you had piano lessons at age nine or learned to play the guitar at age 20, revisiting music can bring remarkable benefits to you. If you're like many others who tried it, going back to music now can be just the thing to make your sagging spirits joyful again.

You'll need a teacher. You can find one at a music school, a community center, or a music store. You can try web-based programs, but an actual teacher may be a better fit for you. He or she will help you develop modern skills and pleasantly correct your mistakes.

Don't attack the music. Slow down, not as in old age, but to ease the pace and help you focus. It's good practice for your mind and a way to savor the sounds of the music. The scheduled and unscheduled practice time is not only good for your brain, as it reduces memory loss, but it's good for keeping your fingers nimble and for reducing stress.

Don't forget that the main reason to stay close to music, at any age, is to have fun!

Tip Of The Month

THIS is one of the best things you can do to improve your health.

A new study sheds light on one of the best things you can do to improve your health, and possibly avoid some of the leading causes of death in the United States (and the rest of the developed world). Global diabetes has more than doubled in the last 30 years. 25.8 million children and adults in the United States – 8.3% of the population – have diabetes. 7 million people have diabetes and do not know it because they are undiagnosed. 79 MILLION PEOPLE HAVE PRE-DIABETES!

In 2007, diabetes was listed as the underlying cause on 71,382 death certificates, and was listed as a contributing factor on an additional 160,022 death certificates. This means that diabetes contributed to a total of 231,404 deaths.

According to a report from the American Diabetes Association, the U.S. cost of diabetes grew to \$245 billion in 2012. Now, a new study published in PLOS ONE reveals strong evidence that sugar (not other diet and lifestyle factors) is the primary cause of Type 2 diabetes. The study's researchers from the University of California at San Francisco studied data on sugar intake and diabetes from 175 countries. The researchers found, “that every 150 kcal/person/day increase in sugar availability (about one can of soda/day) was associated with increased diabetes prevalence by 1.1%.”

The researchers went on to state: *“The impact of sugar on diabetes was independent of sedentary behavior and alcohol use, and the effect was modified but not confounded by obesity or being overweight. Duration and degree of sugar exposure correlated significantly with diabetes prevalence in a dose-dependent manner, while declines in sugar exposure correlated with significant subsequent declines in Diabetes rates independently of other socioeconomic, dietary and obesity prevalence changes.”*

In other words, if the results of this study are accurate, sugar is directly related to developing Type 2 diabetes and cutting back on sugar is directly responsible for improving Type 2 diabetes. Limiting the amount of sugar you eat might drastically change your health and your life.

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