



Top Reasons NOT To Try Chiropractic

by Dr David Bohn

I LIKE MY LEFT SHOULDER HIGHER THAN MY RIGHT. You're not alone. Take a look around you and you'll notice how many people are out of balance. Don't worry, a good tailor can cover it up. **THE TINGLING AND NUMBNESS IN MY FINGERS IS ACTUALLY STARTING TO FEEL GOOD.** Great, get used to it. It will probably only get worse. **THESE HEADACHES I HAVE ARE NORMAL. DOESN'T EVERYONE GET HEADACHES?** Headaches are NOT normal. Some people actually live pain-free. **A FRIEND OF A GUY AT WORK SAID HIS AUNT'S SISTER-IN-LAW'S OLDER BROTHER WAS HURT BY A CHIROPRACTOR.** Chiropractic has been proven in many studies to be one of the safest of the healing professions. It has one of the health care industries lowest rates of malpractice insurance problems. If you have questions go to the source. **MY NECK FEELS FINE. SO WHAT IF I CAN'T TURN TO LOOK OVER MY LEFT SHOULDER. IT WILL GET BETTER.** It may start to feel better, but probably at the expense of something else. Chiropractic can restore normal function. **SURGERY JUST MAKES MORE SENSE TO ME.** It is possible to restore health to sick tissue without removing it. **IF I STOPPED USING ALL THESE DRUGS MY PRESCRIPTION CARD WOULD GO TO WASTE.** All drugs have side-effects. One must decide if the risks are worth the benefits. Chiropractic may be the solution you have been looking for, haven't you suffered long enough? Call today!

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Chronic Back Pain and Surgery

by Dr David Bohn

If you are considering surgery to resolve chronic back pain and you have no serious nerve or bone complications. Talk to an expert chiropractor about exploring and giving a fair trial to all the other forms of treatment. Spinal surgery is expensive, requires careful and long term recuperation, and is often unsuccessful. If the only back doctor you have seen is a surgeon who recommends surgery you may want to consider seeing a chiropractor first. You should always get a second surgical opinion, as well as an independent diagnostic evaluation from a neurologist or a specialist in physical medicine, osteopathy, or from a chiropractor who will likely only recommend surgery if it is absolutely necessary. If you believe your persistent back pain may be a sign of ongoing psychological stresses and pressures in your life. Get a psychological assessment from your family doctor, a trained psychologist, or a counselor prior to invasive surgery for any chronic pain problem. If you are considering back surgery I would be happy to discuss other treatment options with you in person, just call and ask for an appointment, you'll probably be glad you did.

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Nurses Give Chiropractic High Marks

by Dr David Bohn

A survey of 1000 nurses showed that even though they consider themselves poorly trained in non-medical care, they gave chiropractic high marks. The survey was published in the June 2001 issue of the Journal of Community Health. The survey asked a variety of questions on a number of health care procedures termed by the study as "Complementary Alternative Medicine" (CAM). Chiropractic was included in this survey and received some of the best reviews from the nurses surveyed. The Journal article starts by stating, "In 1997, 42 percent of the American adult population made 629 million visits to alternative health care practitioners and spent \$27 billion out-of-pocket for these services. It has been estimated that in the year 2000, Americans will spend \$60 billion on complementary and alternative medical therapies." The Journal uses these figures as a basis for wanting to understand how the nurses view these types of procedures. The survey to the nurses covered areas including, perceived effectiveness; perceived safety; recommendations made to friends, clients and associates; and personal use. An interesting finding of the study was that the nurses felt that they themselves were poorly trained in understanding CAM procedures as only 21% of the respondents considered themselves to have received "good" or "excellent" professional preparation in dealing with these types of care, which include chiropractic. In the area of effectiveness, the nurses ranked chiropractic first. They overwhelmingly rejected the idea that chiropractic or the other CAM procedures were only effective because of the placebo effect. The study also showed that approximately 14% of the nurses surveyed had used chiropractic themselves that nearly 23% of the nurses said they "periodically" or "regularly" recommend chiropractic care to their friends, patients and associates.

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