

ASHBY ADVISOR

Fifty-eighth edition
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Hope you are enjoying your Summer. A couple of interesting notes for your Summer reading enjoyment.

The Journal SPINE, January 17, 2011 published a study on the effects of Chiropractic Spinal Manipulation on chronic low back pain.

Patients were treated 12 times over the course of a month. One group did not receive follow up care, just home instructions. The other group was seen twice a month for 9 months. The group that did not continue follow up was back to pre-treatment pain and disability at the end of the ten month study.

The group that had twice monthly follow up continued to improve in all areas of outcome measures used.

So this study shows that regularly getting adjustments for chronic back pain is very helpful in making patients more functional in their day to day activities and in pain level.

This begs the question I have to deal with all the time. "Active" vs. "Maintenance" care. By the normal criteria used by insurance and Medicare, treatment after the first month would probably have been considered maintenance care and not covered (especially Medicare guidelines). However, this study seems to show that continued care for chronic pain is better than no care.

Hopefully they will do a five year study to look at overall costs for each group in disability and healthcare costs along with patient satisfaction with their care and lifestyle. I would like to see that study done to confirm what chiropractors have seen for years.

So get those regular adjustments!

So hang onto your pocketbooks. The America Heart Association released a statement in February 2011 stating that costs of treating heart disease will triple in the next 20 years.

80% of heart disease is lifestyle related. How do we keep down medical costs. You should know this one by heart since it s been listed many times:

- Keep blood pressure, cholesterol and weight at normal levels.
- Eat a healthy diet. Avoid the three food groups of fast food
 - 1 - Sugar 2 - Salt 3 - Fat
- Exercise regularly (3-4 hours a week of some sort heart pumping activity)
- Don't smoke
- Keep stress levels down whenever possible

One of my favorite quotes comes from the knife thrower at Scarborough Faire
"Remember, you are here for a good time, not for a long time."
{I guess that's especially true if he misses his mark}.

Hope you have a "good time" this summer