

More and more we are hearing about the problems in society as a result of the over use and abuse of prescription opioids. Last year, there were over 9 million prescriptions for opioids written in Ontario. One in every eight deaths for people aged 25 to 34 involved opioids. Canada-wide, that number was estimated at 2,500 deaths last year.

What's interesting is that a significant percentage of those prescriptions were written to address musculoskeletal pain. There are certainly alternatives to a prescription of benzo-diazepine, antihistamines, or a tricyclic antidepressant for musculoskeletal pain, and one of them is chiropractic care.

Chiropractic is a natural, drug free approach to pain and disability, and with a significantly lower side effect profile. More importantly, it is a broad approach to overall physical health, utilizing many scientifically validated interventions.

Chiropractic has long been understood as primary care for

Chiropractic Or Opioids: You Have A Choice

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bodily aches and pains. It has often been seen however, as a second thought, when other things don't work. That is no longer the case among the medical researchers. Even the Canadian Guidelines for Opioid Therapy and Chronic Non-Cancer Pain urge doctors to use other pharmaceuticals, or no pharmaceuticals before considering opioids.

One of the reasons for the success of chiropractic care is that it includes lifestyle management such as diet, exercise and ergonomics, all of

which can have a significant impact on how a person manages their pain while performing daily activities. Exercise, for example, can strengthen tissue around an injured joint and reduce the spasm and inflammation that leads to pain. Anti-inflammatory diets and supplements can reduce the body's inflammation over-reaction, thus minimizing the pain response as well. By using our body properly in our environment, we can avoid further injuries and reduce pain.

So if you or someone close to you is in physical pain and needs

help to manage it, you should consider consulting with a chiropractor. We are experts in musculoskeletal health and best suited to help you diagnose and manage your condition through direct care or in collaboration with other health care providers. We will effectively reduce and manage pain with the lowest side effects risks possible, even helping to reduce the need for pain medications to their lowest effective dose when they are necessary.

All legitimate health agencies are calling the opioid situation a national crisis. If you are in pain and taking opioid medications, be aware of the risks and know your alternative options.

ASK THE EXPERT:

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