



## Cypher Chiropractic and Rehabilitation Center Scott B. Cypher D.C.

Virginia's Chiropractor of the Year 2006!  
in Sterling and Leesburg, Virginia  
Call 703-481-9698



## Chiropractic Connection Summer 2012 News and Information from Cypher Chiropractic

### Doctors Corner:

The recent Supreme Court ruling appears to uphold a shift from "individual centric" to "society centric" model of medicine. We are fortunate that a part of this law is the nondiscrimination clause. As our population ages, and as some doctors opt out or retire early, we will need non-MD practitioners even more to fill these gaps. I keep going back to the 09' Mercer report regarding insurance coverage for chiropractic physician care for mechanical neck and back conditions as an improved cost effective treatment when compared to other common medical interventions. Time and again studies show when the primary care spine doctor is a chiropractic doctor, good things happen.

### Celebrate Wellness: Drugs Risks and Healthy Choices

There are many life-saving medications; but just like smokers don't read warnings on cigarettes, many of us tend to overlook side-effects of prescription and over-the-counter drugs. Most of us will suffer aches, pains, sprains, strains, headaches, high blood pressure, arthritis, or a variety of other ailments; and every day the drug industry tells us to ask our doctors about this or that pill.

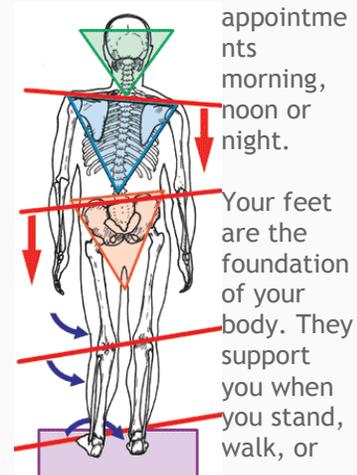


What are the risks of, and alternatives to, common medications? Here are some answers, courtesy of the Virginia Chiropractic Association.

Thanks to stringent research standards and the forward march of science drugs are getting safer, right? Wrong. The

### Celebrating 27 years!

I kind of feel like the local version of "Cal Ripken" of the chiropractic profession. These 27 years have flown by! Who knows, someday I might end up giving chiropractic care to residence in my own nursing home! Ha-ha. To show appreciation, from now through end of August, we will give any of our patients a free foot scan or any of their family or friends who are in pain as introductory offer. Please schedule a visit. We have convenient



September 10 issue of Archives of Internal Medicine showed that serious reactions to common medications are actually increasing. Between 1998 and 2005 the annual number of deaths directly caused by medications increased 2.7 times.

Pain medications are a common source of adverse drug reactions. Abusing anti-inflammatory drugs called NSAIDS causes an estimated 16,500 deaths every year. Vioxx alone may have caused 27,000 deaths worldwide before it was pulled from the market, and a study published in the New England Journal of Medicine showed that the supposedly safe drug acetaminophen may cause 8-10% of all end-stage kidney failure. Anti-inflammatory medications and acetaminophen have also been linked to high blood pressure in women.

So, what can you do to protect yourself and your family? Simple. First, read the package insert on every pill you consider taking. Next, remember that an ounce of prevention is worth a pound of cure. Exercise regularly in a manner that's safe for you. Exercise has a positive effect on your immune system, your joints, your cardiovascular system... it even decreases your risk for breast, colon, and other cancers. Warm up properly before activity. A healthy, balanced diet is also critical. You really are what you eat.

Here's another secret: Chiropractic is a part of a healthy lifestyle. Recreational and professional athletes alike rely on chiropractic care to balance their frame, improve performance, recover from injury, and prevent injury. As our population ages, seniors are also realizing that chiropractic is a safe and effective way to age more gracefully. Studies have shown chiropractic to be safe and effective for arthritis management, headaches, neck pain, low back pain, and more.

#### What Are The Numbers?

A recent article comparing the health of those in the United States versus other countries found us in an unbelievable 37th place. Since 2009, prescription-pain medications caused one death every 14 minutes. Now, the Centers for Disease Control and Prevention (CDC) state that traffic fatalities are, for the first time over outnumbered by deaths from drug overdoses. It's not illegal drugs like heroin, methamphetamines or cocaine that are leading this grim rise: It is prescription drugs. According to the CDC, drugs killed at least 37,485 Americans in 2009, compared to 36,284 deaths caused by traffic accidents.

#### What Drugs Are The Cause?

Most are popular prescription painkillers and anti-anxiety drugs, like Xanax, OxyContin and Vicodin. These drugs now cause more

run. And they help protect your spine, bones, and soft tissues from damaging stress as you move around. Even if your feet don't hurt, they may be contributing to your overall postural balance. Patients with certain types of spinal problems benefit from custom made orthotic support.

These devices stabilize the foundation of the pelvis and spine by first addressing structural problems with the feet, thereby reducing abnormal forces and stresses, while enhancing structural and functional relationships.

#### Free Consultation/Initial Exam:

There may be people in your life that could benefit from chiropractic care. In order to break the barrier, they can come in with you on your next appointment. They will be our honored guest! Allow them to find out for themselves and discover today's chiropractic & relief that it brings.

deaths than heroin and cocaine combined. Only relative newcomer to this group is Fentanyl, a pain medication that's 100 times more potent than morphine is available as a skin patch or as a lollipop.

**Our Hours:**  
**Monday - Thursday 8:30 am - 6:30 pm**  
**Friday 8:30 am - 2:00 pm**  
**703-481-9698**