

Backbone Chiropractic Newsletter

SPRING

2005

CDC Reports Prescription Drug Use on the Rise

A recent report issued by the Centers for Disease Control and Prevention (CDC) revealed the extent to which prescription drug use has affected Americans, and the news is less than encouraging. The report, which compared data from 1994 with data from 2002, showed that the percentage of the U.S. population taking at least one prescription drug rose sharply between 1994 and 2000, from 39.1 percent to 44.3 percent. Leading this increase was the number of people taking three or more prescription drugs, which increased from 11.8 percent to 16.5 percent.

Sadly, these increases were seen in all age groups: 3.7 percent of children age 18 years and younger were taking three or more prescription drugs in 2000, reflecting an increase of more than 50 percent from 1994. And as of 2000, a whopping 83.9 percent of seniors took one or more prescription drugs, up more than 10 percentage points from 73.6 percent in 1994. Interestingly, the percentage of seniors taking one to two prescription drugs decreased slightly, while the percentage taking three or more drugs increased by more than one-third to 47.6 percent.

There's no doubt that prescription drug use has been increasing for decades. Yet the trend toward taking multiple drugs is more recent. If you are taking one or more prescription medications, ask your physician if there are any other viable alternatives. And remember,

A N N O U N C E M E N T

**Backbone Chiropractic
is now
Backbone
Chiropractic, LLC
and Massage Therapy**

**We also have
a new location,
in the neighboring
building to the east,
at 1770 E. Grand River.**

if you are taking prescription drugs for pain, regular chiropractic care may render your need for drugs unnecessary. To find out more about the benefits of chiropractic, as well as healthy living through alternative means, visit www.chiroweb.com/find.

Reference: Health, United States, 2004, With Chartbook on Trends in the Health of Americans. National Center for Health Statistics. Hyattsville, Maryland, 2004.

Thank you for your referrals. My business is based on them and they are your greatest compliment to my office. To show my appreciation share this newsletter with a friend who needs chiropractic and they will receive a **free consult and exam.**

**Backbone Chiropractic, LLC and Massage Therapy
1770 East Grand River, East Lansing, MI 48823 ■ 517-316-1277
Office hours: Mon. – Fri. 1:00 pm – 6:30 pm ■ Saturday by appointment only**

Pump a Little Iron

Approximately 2 million children in the U.S. suffer from attention-deficit/hyperactivity disorder (ADHD), a disorder characterized by inattention, hyperactivity and impulsiveness. Treatment options for ADHD include behavior modification therapy and prescription medication; however, a recent study suggests that iron supplementation may help control the symptoms of ADHD, thus effectively reducing the need for medication.

French researchers examined the iron levels in 53 children ages 4-14 diagnosed with ADHD and 27 healthy children in a control group, as well as evaluated parent surveys regarding the ADHD symptoms in their children.

Results: 84 percent of the children diagnosed with ADHD had abnormal iron levels, opposed to 18 percent of children in the healthy group. "These results suggest that low iron stores contribute to ADHD and that ADHD children may benefit from iron supplementation," the researchers concluded.

If your child has been diagnosed with ADHD, ask your doctor about iron supplementation as a treatment alternative. Experts have also noted that good nutrition plays a large role in keeping ADHD symptoms in check.

Reference: Konofal E, Lecendreux M, Arnulf I, Mouren MC. Iron deficiency in children with attention-deficit/hyperactivity disorder. Archives of Pediatrics and Adolescent Medicine. Dec. 2004; 158: 1113-1115.

Don't Worry... Be Happy

Think optimism is over-rated? Perhaps a recent study that found a link between optimism and longevity will change your mind. Researchers in the Netherlands set out to determine if optimistic people live longer than their more pessimistic counterparts. Approximately 1,000 elderly men and women between the ages of 65-85 were interviewed about their health, self-respect, morale, optimism and contacts, or relationships.

Results: During a nine-year follow-up period, researchers discovered that participants who reported higher levels of optimism were 55 percent less likely to die from any cause and 23 percent less likely to die from cardiovascular-related causes than the pessimistic group.

Researchers cited several possible reasons for the correlations between optimism and longevity, including that happier people tend to engage in more physical activity and handle stress better than pessimists.

Want to increase your chances for a longer and healthier life? Try changing your outlook. And remember, things like exercise, nutrition and regular chiropractic care can help bring about positive changes in the mind and body.

Reference: Giltay EJ, Geleijnse JM, Zitman FG, et. al. Dispositional optimism and all-cause and cardiovascular mortality in a prospective cohort of elderly Dutch men and women. Archives of General Psychiatry. 2004 Nov 61(11): 1126-35.
