

SIMS CHIROPRACTIC CENTER

GIVING **BACK** INFORMATION

VOLUME 1, ISSUE 2 MAY, 2005

Vioxx, Celebrex and now Bextra! What's next but safe?

The media has definitely brought to our attention the potential devastating side effects of commonly prescribed drugs for pain control management. Presently, the FDA is making substantial changes to the marketing, labeling and distribution of these drugs due to mass cardiovascular events, primarily heart attacks and strokes.

Vioxx, Celebrex and Bextra are Cox-2 inhibitors. Basically, it means that these drugs are commonly prescribed for pain management. Their mechanism of action is to reduce **prostaglandins** as well as other inflammatory responses which are pain producing substances that are produced due to **inflammation and pain**. In particular, it is used to manage patients who suffer from osteo-arthritis, rheumatoid arthritis and gout conditions. Other conditions could

also benefit from the use of Cox-2 classified drugs.

Millions of people across the world have received prescriptions from their medical doctors for these drugs. Unfortunately, many of them were not properly screened by their providers to determine if they were at risk to develop life changing side-effects by the use of these drugs. Any drug one consumes needs to be carefully scrutinized.

As consumers, we must pay careful attention to the indications (why we take drugs) as well as the contraindications (potential damage) of these medications. Vioxx was taken off of the market due to a 3 year study trial, which was designed to evaluate the efficacy of VIOXX 25 mg in preventing recurrence of colorectal polyps in patients with a history of colo-

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ARTHRITIS

- *More than 9 types of arthritis*
- *Causes increase pain & Swelling*
- *Decrease range of motion*
- *Affects more than 70 million americans*

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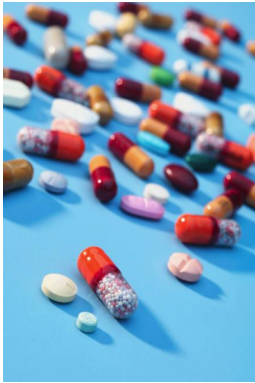
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CASE STUDY OF THE MONTH (ARTHRITIS)

Mr. Raymond Clarke is a 67 year old active male who presented to my office bent over. He has had a very active life. He was an avid tennis player, track star and golfer throughout his life. Two (2) years ago he started to notice gradual stiffness and pain in his low-back and knee joints. Mr. Clarke informed me that up until that point he could drive a ball further than the youngest of guys on the course and occasionally would play tennis

with his grandson. Mr. Clarke described his low-back pain as a gradually increasing, constant low-back pain. He reports limited range of motion in the early morning that seems to improve throughout the day Mr. Clarke saw his primary physician about 1 year ago after treating himself at home for more than a year with over-the-counter medication (Advil). His primary phy-

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Vioxx, Celebrex and now Bextra! What's next but safe?

rectal adenomas. In this study, there was an increased relative risk for confirmed cardiovascular events, such as heart attack and stroke, beginning after 18 months of treatment in the patients taking VIOXX compared to those taking placebo. According to the Food and Drug Administration (FDA), Bextra was taken off the market because of:

Insufficient data on the cardiovascular safety of long-term use of Bextra, along with the increased risk of adverse cardiovascular events in short-term coronary artery bypass surgery trials. These cardiovascular events may be associated with chronic use of Bextra.

Reports of serious and potentially life-threatening skin reactions — Stevens-Johnson syndrome and toxic epidermal necrolysis with sloughing of the skin — in people using Bextra.

On the other hand, because of concerns that Celebrex, like Vioxx and Bextra, may pose an increased risk of heart attack and stroke, the FDA has asked the drug manufacturer to revise its drug label to include a warning of the medication's cardiovascular and gastrointestinal risks. **The FDA is also encouraging doctors to prescribe the lowest effective dose for the shortest duration possible, in accordance with an individual's treatment plan.**

Naproxen, Aleve and Motrin are over-the-counter medications that will also be affected by the "black label". These drugs often increase the chances of stomach bleeding.

So you've got to ask yourself. **Is there an alternative to using these drugs for pain management?** The answer hands down is **YES!**

The FDA has opened the eyes of the public. Since they have restricted the prescriptive authority of physicians by limiting the amount of time a patient can use these medications.

Doctors will be forced to look for natural solutions. Many medical doctors are open to non-drug or surgical methods to man-

aging pain. Many suggest Chiropractic, acupuncture, aquatic therapy, exercise Yoga and Tai chi among the few.

Chiropractic has been an excellent source of relief and reduction of pain symptoms for many of the arthritic conditions known to be managed by Cox-2 inhibitors.

In conjunction with treatment by a doctor of chiropractic, one would also likely be advised to engage in massage therapy, aquatic therapy, acupuncture, yoga and other aerobic activities.

Chiropractic Treatment Short-term goals for Arthritis management:

- Decrease pain
- Decrease swelling
- Increase range of motion
- Improve joint mobility

Test your I.Q.-

1. What does Chiropractic mean?
 - A. English word- meaning caring for people
 - B. Greek Word- meaning practice by hand
 - C. Dutch word- meaning practice with care
2. Which of the following forms of arthritis has multiple tender trigger point areas throughout the musculoskeletal system?

CALL! Get Your Free Report!

24 Hr. Toll free hotline

Headache:



800-968-4867

Low-back pain:



888-730-2239

Auto Accidents:



888-874-2870

CASE STUDY OF THE MONTH (ARTHRITIS)

(Continued from page 1)

sician requested X-rays of his Left knee and low-back (lumbar spine) only to find severe degenerative changes aka "Arthritis". He was diagnosed with **Osteoarthritis. A chronic condition that affects over 40 million Americans each year.**

His primary physician prescribed **Vioxx** for his condition. After taking the medication for several months he became concerned when the news media started to replay almost daily the announced potentially deadly effects of the drug. So like many of us would do, he told his primary physician that **he'd rather die of "old age and aching bones" than of a heart condition caused by the same medication used to treat his back and knee.**

His primary physician referred him for physical therapy for 16 visits for pain control. This was about 3 months prior to him entering my office. Well, according to Mr. Clarke, the physical therapy helped after about the 10th visit, particularly with his knees. But, he didn't have much relief with his back. He stated the heat and exercise was good but it just didn't get the job done as well as he had hoped. Once his physical therapy sessions ended, he felt **hopeless**, thinking he had exhausted all conservative forms of help. **His primary physician told him that if he did not get relief with physical therapy he would refer him to an orthopedist. If the physical therapy didn't help, then maybe surgery could help.** Well, Mr. Clarke said **surgery was the last thing he'd ever do.** He'd rather gamble and take the medication instead.

I performed my chiropractic, neurological and orthopedic tests as well as X-rayed his lumbar spine. The following day he came to my office for his report of findings. This is when I explain my findings and let my patients know if I can help them or need to refer them. His X-

rays showed SEVERE degeneration at multiple levels in the lumbar spine (low-back) and there were misalignments of multiple vertebrae (bones).

I explained to Mr. Clarke that it is highly likely that his arthritis was there for at least a decade or more. Based on his history, he was active in sports, etc.. And throughout the years his spine was put under a lot of stress. **Years of abuse and no spinal examination to reveal the true condition of his spine can produce conditions like these and many more.**

He understood and even acknowledged that he had never thought his spine needed to be examined. He only came in to my office because of his frustration and the **"Free offer"** he was given by his grandson who was a patient of mine.

I explained to him that his condition was severe and with appropriate chiropractic care his symptoms of pain and decreased range of motion would likely improve after 6-10 weeks of care. However, due to the severity of his condition, I could not guarantee relief!

Mr. Clarke treated at my office for 2 months before he rated his pain level as being "mild" for 2 consecutive weeks. He stuck to the treatment plan, which consisted of the chiropractic adjustment (manual manipulation), physical therapy and performed the exercises I recommended at my office and even started taking vitamin supplements I recommended (Chondroitin Sulfate) aka shark cartilage.

By the third month, he stated he hadn't felt this good in almost 20 years. He told me that he was going out on the golf course with his grandson later that afternoon.

Although Mr. Clarke had gotten a considerable amount of relief, I'm sure he has asked himself if his condition would have been this bad had he had a spinal examination 30 years ago.

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WE'RE ON THE WEB!

SIMSCHIROPRACTICCENTER.COM

WE HAVE YOUR BACK!

Announcements—



Sims Chiropractic
Center is glad to

**CELEBRATE its First
(1st) year in business!**

SEE THE INSERT INSIDE

We at Sims Chiropractic Center appreciate your business. We look forward to serving you and your family through healthcare in the future. As a token of our appreciation, we have enclosed a free examination coupon to your friend or loved one. We consider you family once you became a practice member. You should know that "WE HAVE YOUR BACK".

A. Osteoarthritis

B. Rheumatoid Arthritis

C. Gout

D. Fibromyalgia

3. Which of the following techniques is **not** considered an alternative treatment for headaches?

A. Bio-feedback

B. Exercise

C. Chiropractic

D. Music Therapy

E. Ibuprofen

4. What is Sims Chiropractic Centers' correct telephone number?

(301) 853-SIMS {7467}

(301) 853-7877

(301) 835-2200

answers

1.B 2.D 3.E
4. A

Known Facts-

- Morning stiffness, lasting for more than an hour and present daily for more than 6 days is 1 of 7 possible symptoms of Rheumatoid Arthritis
- Gout arthritis is often referred to as the "Rich mans disease" due to the rich diet (wine, cheese, meat, etc..)
- Ankylosing Spondylitis affects more men than women
- Obesity is a risk factor for Osteoarthritis
- Fibromyalgia is second to only Osteoarthritis in frequency of visits to the Rheumatology clinic

Do you know of someone you think could benefit from this type of information?

Complete form and Fax to: (301) 853-7040

Please send Newsletter to:

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STATE _____ ZIP _____