

CHIROPRACTIC HEALTHCARE EFFECTIVENESS

1) Blue Cross Blue Shield seven year study in Illinois of Chiropractic primary care providers

- 60.2% reduction in-hospital admissions
- 59% reduction in hospital days
- 60.2% reduction of outpatient surgeries and procedures
- 85% reduction of pharmaceutical costs

2) Chiropractic vs. Acupuncture and medication

- Treatment of chronic spinal pain for 9 weeks with chiropractic adjusting was five times more effective than non-steroidal anti-inflammatory drugs
- One year follow up comparison demonstrates a significant short-term and long-term benefit of chiropractic adjustive care
- Drugs did not achieve an improvement in spinal pain

3) Chronic Pain is Associated with Decreased Prefrontal and Thalamic Gray Matter

- 10% of adults suffer from severe chronic pain
- Chronic back pain of more than 6 months duration causes abnormal brain chemistry implying neurological loss or dysfunction, reducing cognitive function and causing abnormal brain wave patterns
- Chronic back pain shrinks the gray matter of the brain by 5-11%. This brain shrinkage is equivalent to 10-20 years of normal aging
- The longer duration of back pain results in a further shrinkage of brain matter

4) Relationship Between Vertebral Deformities and Allergic Disease

- 3013 patients suffering with allergic disease were treated with structural care to the thoracic spine
- 70% improvement in allergic symptoms with structural adjustive care
- Results indicate that chronic nerve compression secondary to vertebral deformity in the thoracic region had a significant effect on the immune system

5) San Francisco Chronicle: 1918-1919 Flu Pandemic

- Allopathic care.....1/17 died from the flu
- Osteopathic care.....1/36 died from the flu
- Chiropractic care.....1/886 died from the flu

6) Soft-Tissue Injuries of the Cervical Spine (Gargan, Bannister)

- 40 patient follow-up over 15 years suffering from whiplash injury
- 70% continued to complain of symptoms referable to the original accident
- Evidence of psychological disturbance was seen in 52%
- Between 10-15 years after the accident 18% had improved whereas 28% had deteriorated

7) Chiropractic Treatment of Chronic Whiplash Injuries (Gargan, Bannister, Cook)

- Chiropractic is the only proven effective treatment in chronic cases