

ARE YOUR GOLDEN YEARS...GOLDEN?



With the population aged 65 and older expected to double between 2011 and 2030, the health care needs that will be created by this rapid population increase will place great demands on our already-challenged health care system. The elderly tend to suffer from chronic conditions, and often have many health problems that increase the complexity of their medical condition. Chiropractors can greatly help lighten the strain on the medical system and help our seniors lead more productive and happy lives.

Other than alleviate the pain from arthritis and other musculoskeletal conditions, chiropractic can help increase general health and quality of life by ensuring that the nervous system is free from interference. This in turn will improve the function of the whole body, including the internal organs.

It will also improve the repair functions of the body – including DNA repair – and the immune system function, as described in our last column.

The research that has been done on chiropractic geriatrics has shown results that are nothing short of spectacular. Research published in the *Journal Topics In Clinical Chiropractic* found that **“Chiropractic users were less likely to have been hospitalized, less likely to have used a nursing home, more likely to report a better health status, more likely to exercise vigorously, and more likely to be mobile in the community. In addition, they were less likely to use prescription drugs.”** An analysis made for Medicare (*Utilization, Cost, and Effects of Chiropractic care on Medicare Program Costs*) revealed that average Medicare payments for all Medicare services were 45% less for patients utilizing chiropractic. When these studies were presented at the *2004 White House Conference on Aging*, the report concluded that **“Doctors of chiropractic are well positioned to play an important role in health promotion, injury/disease prevention, and on geriatric care teams due to their conservative patient centered practice style and holistic philosophy. Chiropractic services are safe, effective, low cost and receive high rates of patient satisfaction.”**

Other research was done to evaluate the health status of long-term geriatric chiropractic patients. The conclusions, published in the *Journal of Manipulative and Physiological Therapeutics* were mind-boggling: **“Chiropractic patients receiving maintenance care, when compared with US citizens of the same age, spent 69% less than the national average for health care services and reported a 50% reduction in medical provider visits. The health habits of patients receiving maintenance care were better overall than the general population, including decreased use of cigarettes and non-prescription drugs. Furthermore, 95.8% believed the chiropractic care to be either “considerably” or “extremely” valuable.”** WOW! Can you imagine if we could decrease our health care costs by 69%!!!

If you want to be part of the healthiest, happiest, most active group of seniors around, maybe it's time for a chiropractic consultation.

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Disclaimer: The above represents the opinion of the authors, based on extensive research and years of clinical practice. It is not intended for self-diagnosis and treatment. Please consult a health care professional as your specific condition might require different recommendations.