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HEALTH

New CDC Guidelines Seen as Boost for Chiropractic Care

NewsUSA

(NU) - Sponsored News - Now what?

That's the question chronic pain sufferers are asking following the Centers for Disease Control and Prevention's release of the first-ever national guidelines designed to curb the alarming increase in prescription drug deaths.

A record high 28,647 deaths involving opioids were recorded in 2014, according to the latest statistics, which is 14 percent higher than the previous year. And the government's response – advising doctors not to prescribe the potentially addictive pills in most situations for chronic pain – couldn't have been plainer.

"It has become increasingly clear that opioids carry substantial risk but only uncertain benefits – especially compared with other treatments for chronic pain," CDC Director Dr. Thomas R. Frieden told reporters in March.

The one catch? Right now it's purely voluntary whether doctors used to prescribing the likes of OxyContin stop or not.

So if, for example, you're concerned about overdosing and experiencing musculoskeletal conditions including low back and neck pain, many experts say it's time to consider an alternative like chiropractic care.

Doctors of chiropractic use a drug-free approach to treating patients.

Even before the CDC acted, drug-free chiropractic care was being touted as the go-to first option – over both prescription pills and surgery – as a result of research showing it yielded improved patient outcomes, higher satisfaction, and lower costs.

"It's heartening to see the growing opioid epidemic is finally gaining the attention it deserves," said Sherry McAllister, DC, executive vice president of the not-for-profit Foundation for Chiropractic Progress, noting that doctors of chiropractic have a minimum seven years of higher education and provide care and rehabilitation on issues ranging from musculoskeletal pain to headaches to general health concerns.

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