



## Media

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## FOR IMMEDIATE RELEASE

### Foundation for Chiropractic Progress: Chiropractic Care is First, Non-Invasive Option before Prescribing Rx Medications

**CARMICHAEL, Calif. – October 1, 2013** – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, calls for chiropractic care as the first approach for addressing low back pain and many common conditions before the utilization of drugs-OTC or prescription. According to a CNN report, [Let's End the Prescription Drug Death Epidemic](#), a significant danger of prescription medication is overdoses which have become a primary cause of unintentional deaths in the U.S. – surpassing car crashes -- with claims of one death every 19 minutes.

“Chiropractic care offers an evidence-based, non-drug approach to effectively addressing many common conditions, and should be the first option of care,” states Gerard W. Clum, D.C., spokesperson, F4CP. “Doctors of chiropractic (D.C.s) have the diagnostic skills and training to evaluate and provide appropriate care and rehabilitation, including counseling on nutrition, ergonomics and lifestyle. Evidence confirms that the care provided by a D.C. is linked with better clinical outcomes, greater patient satisfaction and noteworthy cost savings.”

Dr. Clum points out that while there is wide availability of effective non-invasive approaches for managing low back pain, the first approaches often used are epidural spinal injections and prescription drugs. Reports state that utilization of these usual care methods, which are associated with high costs and unpredictable outcomes, continues to rise. According to the U.S. Drug Enforcement Administration, the distribution of morphine, the main ingredient in prescription painkillers, [increased 600 percent between 1997 and 2007](#).

“Ironically, a study published in [Anesthesiology](#) found little difference between the amount of relief provided by steroidal and non-steroidal epidural injections,” says Dr. Clum. “But the incidence of back pain and its mismanagement continues to rise,” he says, echoing the findings of [Worsening Trends in the Management and Treatment of Back Pain](#). “The risks associated with usual care need to be acknowledged and conservative alternatives explored as a primary option.”

## About Foundation for Chiropractic Progress

A not-for-profit organization, the Foundation for Chiropractic Progress aims to inform and educate the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, please visit us on the web at [www.f4cp.com](http://www.f4cp.com) or call 866-901-F4CP (3427).

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