

Media

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FOR IMMEDIATE RELEASE

Foundation for Chiropractic Progress Points to Surge in Heroin and Opioid Painkiller Use in the U.S., Stresses Drug-Free Chiropractic Care as Primary Approach to Pain Relief

CARMICHAEL, Calif. – July 16, 2015 – The [Foundation for Chiropractic Progress](#) (F4CP), a not-for-profit organization dedicated to raising awareness about the value of chiropractic care, calls attention to a new report published online by the [Centers for Disease Control and Prevention \(CDC\)](#), which spotlights the significant increase in heroin use and overdose-related deaths in the U.S. With opioid painkiller dependency serving as the strongest risk factor for heroin use and/or dependence, F4CP experts advise the public to carefully analyze their use of prescription and over-the-counter medications, and opt for evidence-based, drug-free approaches such as chiropractic care as a primary approach to pain relief.

“As a nation, we are experiencing an alarming substance abuse epidemic, and the public must take the appropriate steps to become educated on the safer, low-risk pain relief alternatives that are available,” states Gerard Clum, DC, spokesperson, F4CP, who notes that even commonly used over-the-counter drugs, including acetaminophen, have been [documented](#) as ineffective and potentially harmful when overused. “Evidence confirms that the drug-free care provided by a doctor of chiropractic often yields better clinical outcomes and greater patient satisfaction.”

In 2012, more than [259 million](#) painkiller prescriptions were written – enough for every U.S. adult to have an individual bottle of pills. Additionally, the latest [research](#) concludes that individuals who abuse prescription opioids are more than 40 percent more likely to use heroin. In an effort to prevent the potential of misuse, abuse, addiction and/or fatality related to utilization of opioids and heroin, F4CP representatives point out that doctors of chiropractic (DCs) have specialty diagnostic skills and training to evaluate and provide appropriate care and rehabilitation, including offering advice on general health and wellness.

“Opioid painkillers have become a catalyst fueling this nation’s drug crisis,” says Dr. Clum. “This epidemic *cannot* get worse before it gets better. We must implement a call-to-action today, inform the public of safer, effective alternatives for pain management, and protect the lives of thousands of individuals who fall victim to the preventable fatalities linked to the misuse and abuse of opioid painkillers and heroin.”

For more information about chiropractic care or to find a doctor in your area, visit:

www.F4CP.org/findadoctor.

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 and www.yes2chiropractic.org or call 866-901-F4CP (3427).

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