

**THIS IS A DRAFT OF YOUR FEATURE.**

Please indicate changes on this sheet and fax back to \_\_\_\_\_ or send an e-mail with specific instructions. Please do not send unmarked edits in Microsoft Word.

**TO APPROVE THIS DRAFT FOR PUBLICATION:**

- Review all copy for accuracy. Give particular attention to proper nouns (especially names and titles), phone numbers, mailing addresses and Web sites.
- Be advised NewsUSA edits and proofreads in accordance with Associated Press style and recommends clients follow this newspaper standard. AP style precludes the use of items including: registration marks (®), trademark symbols (™), brand names in all capital letters, underlining, and certain uses of italics, boldface copy, parentheses or quotes. Deviation from this accepted newspaper standard will negatively affect your placements, and thus, NewsUSA reserves the right to pull its placement guarantee at the executive editor's discretion.

By approving this feature, you agree to hold harmless and defend NewsUSA from its content and publication.

\*\* IF YOUR DRAFT IS MISSING A PHOTO, DO NOT SIGN OFF UNTIL IT HAS BEEN PLACED IN THE STORY.

If you are *completely satisfied* with this version, sign and return by fax to or by email to [jmaurer@newsusa.com](mailto:jmaurer@newsusa.com).

Copy produced by NewsUSA is copyright-free and may be freely used as long as attribution to NewsUSA is made in its byline so usage may be tracked.

X \_\_\_\_\_

**SIGNATURE & DATE**  
(OK to publish)  
Signature anywhere on this draft gives NewsUSA permission to proceed with distribution "as is." Don't sign with edits.

Questions? Contact Jake Maurer at [jmaurer@newsusa.com](mailto:jmaurer@newsusa.com).

## HEALTH

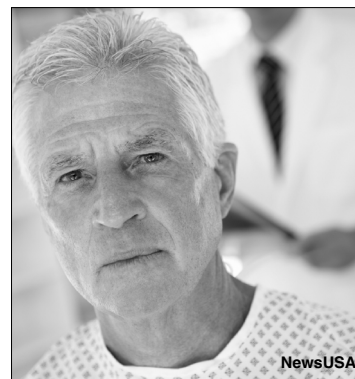
# Reducing the Likelihood of Back Surgery With Chiropractic Care

NewsUSA

(NU) - Who wouldn't want to avoid back surgery if there was a real alternative?

Countless back pain sufferers could finally do just that as evidence continues to mount supporting the growing movement toward chiropractic care as the "first option" for relief over costly and invasive procedures like spinal surgery. One job-related statistic alone says it all regarding how big a deal that represents: Back pain injuries outnumber all other occupational injuries in the U.S.

To that point, the latest study to show that seeing a doctor of chiropractic first reduced the odds of having to undergo surgery was conducted by a collaboration of prestigious institutions that included Dartmouth College's Geisel School of Medicine and the University of Washington School of Public Health. Their published results ("Early Predictors of Lumbar Spine Surgery After Occupational Back Injury: Results from a Prospective Study of Workers in Washington State") found that while close to half – or 42.7 percent – of that state's workers who visited a surgeon wound up going under the knife, only a scant 1.5 percent of those who consulted a chiropractor first shared the same extreme fate. The outcomes reflect conditions of similar severity.



**Surgery doesn't have to be your only option.**

Prior studies have also focused on chiropractic patients' consistently better health outcomes, less use of opioid medications, and considerably lower medical expenses.

"As more data continues to surface, I expect that patients and practitioners will move toward considering chiropractic care first, medicine second, and surgery last," said the not-for-profit Foundation for Chiropractic Progress' Gerard Clum, D.C., in noting that health providers like the University of Pittsburgh have already adopted just such an approach.

To locate a doctor of chiropractic, visit [www.F4CP.org/findadoctor](http://www.F4CP.org/findadoctor).

0—5"—1"—1.5"—2"—2.5"—3"—3.5"—4"—4.5"—5"—5.5"—6"—6.5"—7"—INCHES