

**Media**

Megan Kivlehan  
201-641-1911 (14)  
[mkivlehan@f4cp.com](mailto:mkivlehan@f4cp.com)

**FOR IMMEDIATE RELEASE****F4CP Alerts Chronic Pain Sufferers About Overuse of OTC Pain Medications, Underscores Importance of Drug-free Chiropractic Care*****Survey: 43% of chronic pain patients have taken too much OTC pain medication***

**CARMICHAEL, Calif. – January 27, 2016 –** Armed with the results of a new [survey](#) commissioned by the American Gastroenterological Association which found that many people with chronic pain ignore dosing instructions on over-the-counter (OTC) pain medicines and put themselves at risk for an overdose, the [Foundation for Chiropractic Progress](#) (F4CP) urges sufferers to consider chiropractic care before taking another OTC or prescription pain drug. The proliferation of evidence-based [validation](#) of the effectiveness of chiropractic care to relieve chronic pain is good news since the survey also found that 38 percent of respondents did not know that combining two or more NSAID pain relievers, or two or more acetaminophen containing pain relievers, increases the risk of serious health complications such as ulcers, stomach bleeding, liver damage and death.

“This is an alarming report, and further points to the recommendation that chiropractic care should be the pain sufferer’s first option for pain relief,” explains Sherry McAllister, DC, executive vice president, F4CP, a not-for-profit organization dedicated to educating the public about the value of chiropractic care.

The survey found that 43 percent of 1,000 survey respondents said they had knowingly taken a higher-than-recommended dose of over-the-counter pain medication, such as acetaminophen or ibuprofen. These results confirm that people with chronic pain should never try to self-manage their pain with over-the-counter medicines.

“This new information comes on the heels of disturbing, ongoing reports surrounding prescription opioid medications – which include misuse, abuse, addiction and/or fatality,” continues Dr. McAllister. “The non-pharmacological chiropractic approach is a compelling, sound option and the F4CP encourages individuals with chronic pain to consider chiropractic care. In fact, in 2015 the Joint Commission, which certifies more than 20,000 health care organizations and programs in the United States, including every major hospital, revised its pain management standards to include chiropractic services.

According to the [National Institutes Health MedLine Plus](#), chronic pain lasts longer than acute pain, generally over three months, and may start with an injury or other cause but persists even after healing has occurred. Chronic pain is widely believed to be a disease, with known changes in the nerves that get

worse with time. Due to its persistence, chronic pain can cause major problems in every aspect of a person's life, and is frequently resistant to many medical treatments. A person may even have two or more coexisting chronic pain conditions. Among the most common pain challenges for Americans are headaches, low back pain, arthritis pain, cancer pain, and nerve and muscle pain.

Dr. McAllister points out that doctors of chiropractic (DCs), who receive a minimum of seven years of higher level education, are specifically trained to manage disorders of the musculoskeletal system, including chronic pain, as well as counsel on nutrition, exercise and lifestyle practices.

The NIH reports:

- More than 76 million people in the United States live with chronic pain, but surveys show that almost half of them receive no treatment.
- The annual economic cost of chronic pain in the U.S. is estimated to be \$100 billion, including healthcare expenses, lost income, and lost productivity at work and at home.
- Research shows that almost 60 percent of older adults with pain have had it for more than a year.
- According to recent research, close to five million Americans report recently taking prescription pain medication in a potentially unsafe way.
- Although most people taking prescription pain medicines do so responsibly, there has been an increase in drug misuse or even abuse, especially of opioid pain relievers.

#### **About the Foundation for Chiropractic Progress**

A not-for-profit organization, the Foundation for Chiropractic Progress informs and educates the general public about the many benefits associated with chiropractic care. To learn more about the Foundation, visit [www.f4cp.com](http://www.f4cp.com) and [www.yes2chiropractic.com](http://www.yes2chiropractic.com) or call 866-901-F4CP (3427).

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