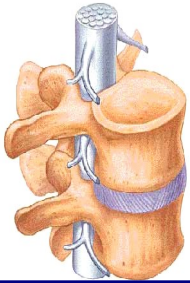


Wellness News You Can Use

Inspiring Health and Wellness



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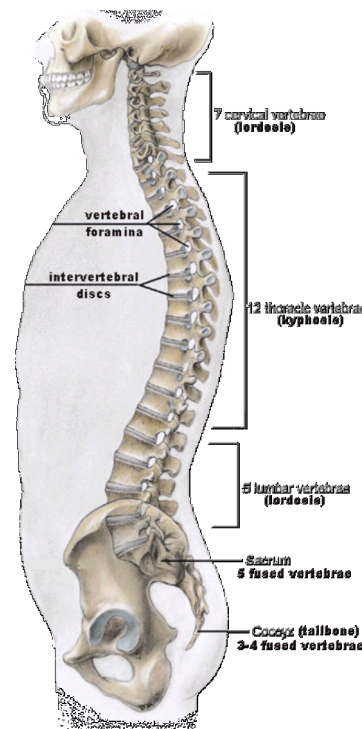
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DOCTORS CORNER...

Dear Patients, An important question for today's informed patient to have answered is, What is the difference between **Preventative care VS Supportive care?** My answer to this question is preventative care keeps a patient mobile prior to a specific diagnosis of a spinal disease. For example, normal range of motion (ROM) helps prevent Osteo-arthritis. A regular checkup and spinal adjustment improves ROM. This works the same way that visiting a hygienist would prevent tartar build up and periodontal disease. Supportive care is very different from preventative care.

I'd like to invite you and your family to join us for informative discussion March 26th, 2014 @ 11:30am Located at our clinic. Our Health Talk!



Dr. Joseph Chisari
Family Chiropractor

Fryeburg Chiropractic Clinic
*Increasing Life Expression
and Potential*

Preventative Chiropractic Care

What did the first Chiropractic patient have? Not back pain! Visiting a chiropractor after an injury or an accident is a common practice. But, it may be just as important to visit the doctor before an injury has occurred. Through preventative chiropractic care a chiropractor will improve your quality of life in a holistic way (from head to toe) and help you strive for the optimum wellness, thus a body in proper alignment can help to protect you and keep you safe from future injury, impairment or illness. So who benefits from preventative chiropractic care? Preventative

chiropractic care incorporates recurrent chiropractic adjustments and counseling that can assist with those who want to promote wellness and improve their quality of life. As well as those who need maintenance or have a desire to prevent illness and disease, reduce incidents of injuries and associated pain, and ultimately prolong their life. Given that each person has special and specific needs, in addition to preventative care, a chiropractor will also advise the patients on the best and most effective activities, behaviors and measures they will need for optimum health and wellness, free of pain and full of life. What conditions do

chiropractors treat? Many. Chiropractic care can provide partial or full relief to many of these conditions:

- Asthma
- Arthritis
- Colic
- Ear Infections
- Frequent colds and flus
- Gastrointestinal syndromes
- Intervertebral disc syndrome
- Loss of equilibrium
- Menstrual disorders
- Multiple Sclerosis
- Sciatica
- Scoliosis



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Chiropractic patients do in fact require a level of care in order to prevent or slow further deterioration in their clinical condition. Supportive care may lack restoration potential yet it does prevent or slow further deterioration of many clinical conditions treated by a Chiropractor. Conditions that come to mind are **Degenerative Joint Disease/Osteoarthritis, Disc Disease, Facet Joint Fixation, Vertebral Subluxation Complex, Cervicogenic Headaches (headaches originating from the neck) and other headache syndromes.** Of course lower back, mid-back and neck pain are often the symptoms of these conditions associated with Chiropractic services. Supportive care requires a partnership between the patient and doctor and in my opinion a constant tapering of care. More times then not it should take place gradually with a well planned out timeline. Supportive care needs to take into consideration patient history of chief complaint, clinical findings and response to care. Chiropractic does not fit a 12 visit limit nor can it be a quick fix approach. However, the approach, testing and documentation need to center around the patient objectively. "While an expectation of improvement would be reasonable criterion to consider when evaluating, for example, in which the goal of treatment is restoring a prior capability, Chiropractic has long recognized that there may also be specific instances where no improvement is expected but care is, nevertheless, required in order to prevent or slow deterioration and maintain a patient at the maximum practicable level of function. Medicare regulations 42 CFR 409.32, the level of care criteria for Skilled Nursing Facility coverage specify that the "...restoration potential of a patient is not the deciding factor in determining whether skilled services are needed. Even if full recovery or medical improvement is not possible, a patient may need skilled services to prevent further deterioration or preserve current capabilities." The US District Court recently ruled that a Rule-of-Thumb "Improvement Standard" is an inappropriate measure for patient with regard to insurance claim determinations. It is my opinion that this ruling restores the sanctity of the patient/doctor relationship and the same criteria deemed appropriate for coverage in this example, should apply to all of healthcare. United States Healthcare Policy's is non-discriminatory.

Dr. Joe

Patient testimonial:

I would like to tell you about how and why I began seeing Dr. Joe at Fryeburg Chiropractic. I had been getting headaches daily for approximately 3 years. I would take Ibuprofen to alleviate the pain and there were some days the pain was so terrible I would just have to stay in bed. Migraines were thought to be the cause and medication was suggested, giving no relief. I was tested for possible problems in my nose, throat and ears. They found nothing. I had my eyes checked for issues that could be causing it. I was given a CAT scan to check for anything brain related. The only thing the Dr.'s could say was it was stress. Now, I have gone through some pretty stressful times in my life and this was NOT the case. Things were going very well. It did not make sense that it could be stress. Also the headaches primarily would be in the morning. What stress could be the issue while I was sleeping? I went to see Dr. Joe in 2004. He noticed a bone at the top of my spine that was out of line, which he adjusted. This little bone was always out of alignment and would push on my spinal cord causing my headaches. As we talked about my history and when this began he mentioned it could have been something traumatic that happened between 5 - 10 years ago. It dawned on me at that point that we, (my husband and our 4 children), had had a small accident when we lived in West Virginia in 1998. We had to veer off the road to avoid a head on collision. No one was hurt, but I believe this is when my subluxation occurred and progressively became more out of line over the years resulting in the daily pain. After beginning my treatments with Dr. Joe it took a little while for that little bone to stay put for the most part, but it does need attention weekly. Recently I asked Dr. Joe to see him every two weeks, but I just cannot be without adjustment for that long a period. In the second week I feel that pain begin to build in my neck. So I continue with my weekly visits. I find it very comfortable at Dr. Joe's, he truly cares for your wellbeing. His staff always knows your name and is very welcoming and accommodating. I would recommend Dr. Joe for anyone in need of chiropractic care, in fact, my whole family has gone to him for different reasons over the years. Dr. Joe gets to the root of the problem and takes care of it.

Thank you Dr. Joe, I appreciate your dedication and expertise. D.B. Fryeburg, ME

About Fryeburg Chiropractic & Wellness Center

At Fryeburg Chiropractic & Wellness Center, we offer a full range of wellness services including full spectrum nervous system and spinal screenings, health consultation and care planning from acute care through wellness development and maintenance. We supply our patients with continuous education and opportunities to build stronger, healthier bodies, and minds through our supplement line, exercise and fitness products, and educational material. If you haven't had your spine and nervous system checked recently, it could be the best investment you ever make in your future. For more information please contact us at 207.935.3500 or stop by our office at 568 Main Street in Fryeburg or visit our web site at fryeburgchiropractic.com.

Our Mission Statement:

Continuously providing Chiropractic service and wellness care. Having a true understanding of both, with uncompromising personalized service, increasing life expression and potential.

Our lasting purpose is helping you and your families express and maintain complete health naturally, without drugs, without surgery, by correcting subluxations. Helping you maintain your overall wellness, bringing new vitality to your life.



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