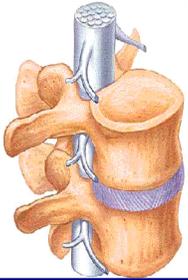


Wellness News You Can Use

Inspiring Health and Wellness



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Early Winter Sunrise View from the Office



The Doctors Corner...

Dear Patients,

As a Chiropractor many expect me to have a no vaccine/drug policy. I however have a profound respect for Medical Doctors and medicine. I choose to believe in my patients innate abilities to guide them. When my own children were born I decided to use a couple of vaccines to protect them. Yet, I also felt that others where inappropriate.

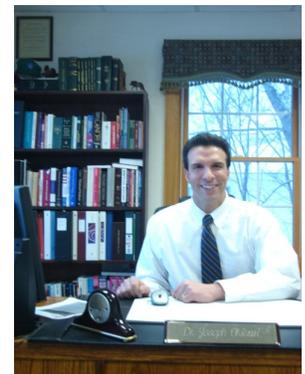
What are the causes of irrational and inappropriate drug use? What are their main public health and economic consequences?

Overuse of drugs and injections occur as a consequence of over-prescribing as well as over-consumption: doctors prescribe more than we need and patients use more than they need.

In my opinion, problems with drug use would be improved with the creation of a national committee on pharmaceutical advertising practices. On a community level medication is influenced by many socio-cultural factors, such as people and their own perceptions and preferences for certain pharmaceuticals.

On a national level the weakness or absence of vaccine advertising information policies could be a considerable obstacle for improving choices for vaccine use.

(Cont..on page 2)



Dr. Joseph Chisari
Family Chiropractor

Fryeburg Chiropractic Clinic
*Increasing Life Expression
and Potential*

Vaccinations– Knowledge is Power

One of the most controversial issues of today is the subject of vaccinations. On the internet, one will find a whirlwind of information on the pros, cons, dangers and, often, vilification from each side to the other. Whether one chooses to vaccinate or not, comes down to one thing: making an informed decision. Doing one's own research into the subject so that you feel comfortable with your choice and have the information to back it up is one of the most empowering things you can do for yourself when making this decision. Why do people choose whether to vaccinate or not? Often enough, it's a choice made on one's very limited knowledge and more on feelings such as fear and doubt; they then rely on someone else to tell them what is right. Knowledge is power, especially in this heated debate. It is a fact that people have been harmed from vaccine-preventable diseases and people have been harmed from vaccinations. Where you lie in the spectrum depends on how much of your own research you decide to do and what you take from it. On the pro-vaccination side, the most out-spoken is Dr. Paul Offit, chief of the division of infectious diseases at Children's Hospital of Philadelphia. "What I say to those

people is that a choice not to get a vaccine is not a risk-free choice. It's just a choice to take a different risk... And the only way that you can accept, I think, a vaccine for diseases that frankly are virtually gone from the United States, like measles or diphtheria or polio, is if those vaccines are incredibly safe, have a wonderful safety profile. And these vaccines do have that. Doing nothing *is* doing something. It is, in this case, taking a risk that's unnecessary." A prominent figure on the antivaccination side is Barbara Loe Fisher, the President of the National Vaccination Information Center. "[W]e are standing publicly for the legal right to follow our conscience when making educated vaccine decisions for our families... No American should be legally forced to play vaccine roulette with a child's life... Because if the State can tag, track down and force individuals against their will to be injected with biological products of unknown toxicity today, then there will be no limit on which individual freedoms the State can take away in the name of the greater good tomorrow." In the middle, one finds the media, the pediatrician, the neighbor all pushing their own agendas

one way or the other, but the most powerful tool is KNOWLEDGE. When doing research on such a highly debated topic, it's best to find sources that are free of subjective material. Some of the most objective material can be found on PubMed.gov, which comprises over 24 million citations for biomedical literature from Medline, life science journals, and online books. The Vaccine Safety Datalink can be found via the CDC's website; it monitors the safety of vaccines and conducts studies about rare and serious adverse events following immunization. Another great source of information is on the vaccination package insert that comes with every vaccination; these can be found online, as well. Good, objective information is the KEY to making a decision in the vaccination debate, but even once you have made your decision, continue to question it and educate yourself by staying up-to-date on the latest research studies. That power is in your hands not to make decisions based on fear and media persuasion, but on facts and numbers. You have the freedom of choice, so use your education to choose with knowledge.

Continue from page one: [DOCTORS CORNER...](#)

Most people assume the over-use of drugs is limited to illegal or illegally obtained substances. Significant as these abuses are, more common abuses have developed that are much closer to home. These developments are the over-prescribing, multi-drug prescribing, and misuse of common drugs. In fact, use of unnecessary drugs is the most pressing problem for doctors as well as patients.

Through the constant advertising of drugs the message we are reinforcing to the very young is, this pill is the answer. *We can immediately address how television effects patient-demand.* Interventions should be targeted at consumers as well as doctors. However, existing interventions aimed at improving drug use from a medical as well as a consumer perspective are very few. The fact that inappropriate drug use is common among consumers is not adequately reflected in the available studies to improve drug use. Interventions targeted at improving consumers' drug use are urgently needed. Interventions should address inappropriate drug use practices, as well as the complexity of factors which may influence drug use among consumers.

Yours in health,

Dr. Joseph Chisari

Patient testimonial:

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 Subluxation. Helping you maintain your overall wellness, bringing new vitality to your life.



Fryeburg Chiropractic & Wellness Center
568 Main Street
Fryeburg, Maine 04037
Phone 207.935.3500
fryeburgchiropractic.com