

CHIROPRACTIC & HEALTH

A Natural Connection

February 2020

© The Wellness Practice

© Dr. James L. Chestnut M.Sc, D.C., C.C.W.P.

Research is Clear – Avoid Surgery and Get Chiropractic Care!

Harris, I. et al. (2018) Lumbar spine fusion: what is the evidence. Internal Medicine Journal 48:1430-34

Machado, G. et al. Effectiveness of Surgery for Lumbar Spinal Stenosis: A Systematic Review and Meta-Analysis. PLoS One. 2015; 10(3): e0122800

QUOTE BOARD:

"Lumbar spine fusion is the most common type of spine fusion and this is performed for several indications, most commonly related to symptoms thought to arise from degenerative conditions such as intervertebral disc disease, degenerative scoliosis and spinal canal stenosis."

"There is very little evidence that spine fusion surgery for back pain is effective. It is very expensive (the implants alone are often tens of thousands of dollars per case), often leads to complications, often requires further surgery, is associated with increased mortality, and often does not even result in the spine being fused."

"The available evidence does not support the hypothesis that spine fusion confers a clinical benefit compared to non-operative alternatives for low back pain associated with degeneration (degenerative scoliosis, spinal stenosis, recurrent disc herniation or instability)."

"The current evidence suggests that surgery for spinal stenosis is more effective than conservative treatment **when the latter has failed for up to six months.**"

Key Concepts:

Spinal surgery rates over the last few decades have risen dramatically. Between 1993 and 2008, cervical fusion surgery increased 625.8 percent, and lumbar fusion surgery increased 773.6 percent.

An estimated 3.6 million spinal fusions were performed in the United States between 2001 and 2010 accounting for more than \$287 billion in total hospital charges, excluding charges associated with readmissions, rehabilitation, prescription drugs, professional fees or indirect costs associated with loss of productivity.

"The most common cause of death after spine fusion surgery is opioid overdose. Spine surgery is not just a sugar pill; it is a much more elaborate placebo than that, and it is much more dangerous."

Key Take Home Points:

The scientific literature is clear; surgery is not evidence-based, it is not effective, it is not cost-effective, and it is not safe. Despite this, surgical rates are increasing, as are costs to patients and profits to surgeons.

Chiropractic is evidence-based, it is effective, it is cost-effective, and it is safe. No patient, other than those with emergency issues related to traumatic instability, cancer, or bone infection, should ever receive surgery without first receiving a proper course of chiropractic care. Trillions of dollars, millions of life years of suffering, and thousands of deaths have been caused by unnecessary surgeries that could have been prevented with chiropractic care. Help us stop this, please inform others that we are here to help.

Brought to you by: Henley Beach Chiropractic Clinic

Phone: 61882350644

Website: <http://www.henleybeachchiro@iinet.net.au>

Email: henleybeachchiro@iinet.net.au