

# The Atlas Times

Issue #8

Baker - Borski Chiropractic, S.C.

August 2013

## Welcome to the following New Patients!

Lou P.	Roger K.
Don P.	Alan S.
Nick B.	Rosemary D.
Pam K.	Kim W.
Molly S.	Lisa B.
Roger K.	

## Thank you for your referrals!

A.J. S.	Holly T. X 3!
Les D.	Amber A.
Wayde K.	Carol P. X 2!
Teryn K.	Dan H.
Dr. Bergmann	

Welcome back...!  
Amanda Z.



## Condition of the Month! Back Pain Back Surgeries

Researchers reviewing the Ohio Bureau of Workers Compensation database showed that of 1,450 workers with a diagnosis of disc degeneration, disc herniation or radiculopathy (referred nerve pain/weakness/etc.), half of these patients had surgery to fuse two or more of the vertebrae in hopes of curing low back pain. The other half had no surgery even with comparable diagnoses. After two years, only **26%** of those who had surgery returned to work. Of those who did not have surgery **67% returned to**

**work.** More bad news: those who had surgery showed a **41% increase in the use of painkillers**, specifically opiates. “The study provides clear evidence that for many patients, fusion surgeries designed to alleviate pain from degenerating discs don’t work” says the study’s lead author, Dr. Trang Nguyen, a researcher at the University of Cincinnati College of Medicine. Experts estimate that about 600,000 Americans opt for back surgeries. Let’s do the math: average cost of \$60,000 – \$90,000/surgery = lots of money being spent on procedures with poor outcomes. But they don’t want to pay for **scientifically proven** procedures for low back pain = **chiropractic.**

The winner of the Grill drawing is:  
**Holly T. !!**

**Health is: the genetic expression of our lifestyle choices.**

mercola.com  
Dr. James Chestnut

## The Cost of Health Care

The United States has the most expensive health care in the world.

A U.S. study in 2001 showed that half of all bankruptcies are due to medical bills. 75% of *those* bankruptcies had “health” insurance.

The more responsibility you take for your health, the less your reliance on and expense with our current disease care system.

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## Angioplasty and Bypass

The June 11, 2009 issue of the New England Journal of Medicine has a study that concludes that angioplasty does **not** reduce the risk of heart attack or death in the majority of patients. Angioplasty is standard care for people with chest pain or a history of heart attack. It is also used on people with asymptomatic blocked coronary arteries. Patients who had surgical intervention 3-28 days after a heart attack had no fewer heart attacks, heart failure or deaths than those treated with medication only. The Coronary Artery Surgery Study (CASS) found that rates of heart attack and death from heart disease were no lower in patients who had bypass surgery than those who were treated without surgical intervention. Approximately **45%** of a U.S. hospital’s revenue can come from unnecessary heart surgeries: 1.5 million angiograms at \$25,000 each; 1.2 million angioplasties at \$38,000 each; 467,000 bypass surgeries at \$83,000 each.  
DrWhitaker.com July 16, 2009

## Avocado and Tomato Salad

4 cups avocados, diced medium  
2 cups grape tomatoes or 2 cups cherry tomatoes  
2 cups cucumbers, peeled and diced medium  
1 cup red onion, diced small

4 tablespoons fresh cilantro, chopped  
2 teaspoons fresh garlic, minced  
2 tablespoons lime juice  
1/4 cup olive oil  
salt  
fresh black pepper  
Lettuce (if you want)  
Toss all ingredients in a bowl and top on a bed of lettuce (if desired)  
**Makes 8 servings**  
Calories 201.9 Total Fat 17.9 g  
Sodium 10.2 mg Total Carbohydrate 11.6 g, Dietary Fiber 5.8 g,  
Sugars 1.8 g

## Free Backpack Check For Kids!

1. Not sure about the weight or fit? Come on in for a free backpack check with the doctors!

Don't turn back to school into back pain for your kids. Backpacks should weigh no more than 10-15% of your child's body weight.



What do you call a boomerang that doesn't come back? *A stick.*