



It is estimated that 80% of the population will experience back pain—and that a quarter of all back pain sufferers have sciatica! Don't suffer needlessly!!

Does it hurt when you cough or sneeze? Do you have a dull ache or deep burning sensation in your hip area? Have you been experiencing a sharp, shooting pain in your leg?

You could have sciatica!

And if you do, you have an important decision to make.

You should know that sciatica is one of the most common causes of disability! You can't afford to miss work especially in this economy!!

Living with sciatica can be one of life's most agonizing experiences. If you have sciatica, we don't have to tell you that the pain can be simply unbearable.

And sciatica is not likely to go away on its own. That's why we

urge you to get a comprehensive spinal evaluation as soon as possible to see if you qualify for sciatic pain relief treatment!

Chiropractic Works!

Research shows that Chiropractic care is a safe, affordable and a very effective way to correct underlying structural problems that can lead to inflammation and sciatica.



Typically, sciatic pain results when injury or pressure compresses the nerve roots at the base of the spine, compromising the sciatic nerve.

Your sciatic nerve—the largest nerve in your body—is a cord-like bundle of five nerve roots that exit the lower spine.

It travels through the hip joint, down the back of each leg and branches into smaller nerves that travel to the thigh, knee, calf, ankle, foot and toes.

Sciatic pain can radiate the entire length of the nerve. Irritation anywhere along its path can create crippling pain!

The good news is that if you're a candidate for Chiropractic care, **you could live pain-free again—without ever resorting to drugs or surgery!!**

Inside:

WHAT WORKS AND WHAT DOESN'T...

Don't Let Sciatica Become a "MAJOR AGER"!

One of the fastest ways to "age" your body is to ignore pain in your spine! Hard to believe, but it's true.

Neglecting spinal problems will accelerate spinal degeneration.

Think about it: Since sciatica can cause severe pain when sitting, standing, walking, bending and reaching...that pretty much wipes out a lot of activities that otherwise might help you feel younger, more vibrant and physically fit!

In addition, people with sciatica have difficulty standing tall and often walk hunched over to help alleviate the hip and back pain. **Poor posture is not only unhealthy—it takes away from your attractive, youthful appearance!**

Regular Chiropractic care can protect your spine from premature aging!

More Good Reasons to Get Help NOW!

Remember, you don't have to have pain running down your leg to have sciatica. **You can have sciatica and experience no back pain at all!** Why risk self-diagnosing? We'll personalize a program of care for your unique situation.

Don't be fooled. **Symptoms of sciatica can be fierce one day and then temporarily subside.**

Remember, over time, sciatic nerve irritation can cause permanent nerve damage.

Sciatica often starts with mild low back pain, hip pain or back spasms that come and go. Initially, the symptoms are often so mild that you don't pay much attention to them—until the slightest movement catches you off guard and you can hardly move.

In some cases, acute sciatica can rapidly progress into intractable pain and pose a serious emergency that leaves you few options. Don't wait until your pain gets to that point!

The RESULTS Speak for Themselves!

Doctors of Chiropractic are well equipped to manage sciatica cases. We have a track record of successfully helping patients just like you!

Nerve interference caused by "degenerated bone" and the "central mass" that has squeezed out of a herniated disc are two common sources of pressure on your sciatic nerve. Our goal is to pinpoint the precise cause and correct the underlying problem.

Depending on the length and severity of your condition, a series of **Chiropractic adjustments may help prevent future sciatica flare-ups!** Natural pain relief could be as close as a two-minute call to this office. So, **DO IT NOW!!** ❖

Do YOU Recognize These Symptoms of SCIATICA!

- **Sharp, shooting pain (usually down one leg)**
- **Pain in the hip area**
- **Dull, low back pain**
- **Back spasms**
- **Burning sensation in lower back, leg, feet**
- **Muscle weakness**
- **Numbness, tingling**

Common Sciatica TRIGGERS!

- **Motor vehicle accident**
- **Slip or fall**
- **Heavy or improper lifting**
- **Obesity**
- **Cumulative wear-and-tear**
- **Years of poor posture**
- **Pregnancy**
- **Disc disease (i.e., herniated disc, thinning discs, etc.)**

"What Works" & "What Doesn't" RESEARCH REVIEW

"Epidurals" Are Not the Answer!

"Although epidural injections... may afford short-term improvement in leg pain and sensory deficits in patients with sciatica...this treatment offers no significant functional benefit...nor does it reduce the need for surgery."

Carette S., et. al., Epidural corticosteroid injections for sciatica due to herniated nucleus pulposus. *New England Journal of Medicine* 1997; 336: 1634-40

Study Says Bed Rest Is Not Effective!

"Bed rest continues to still be widely used for treatment of sciatica...there is little objective data to support this view."

Vrooman, PCAJ et. al., Lack of effectiveness of bed rest for sciatica. *New England Journal of Medicine* 1999; 340: 418-23.

Back Surgery: Report Shows 66% Failure Rate!

"Successful [surgical] outcome was recorded in only 34% of patients! Loss of neurological function (strength, sensation, bowel and bladder control) was reported by patients more often than improvement [by almost 2 to 1]."

North, RB., et. al., Dept. of Neurosurgery, Johns Hopkins Univ. School of Medicine/ PMID: 1831546 [PubMed]

Routine spinal exams and regular Chiropractic care have been shown to help prevent or significantly reduce sciatic discomfort without drugs or surgery.

Schedule your appointment today!



"No More 'Pinched Nerve'!"

by Abell Smith

I first visited my Chiropractor because I had a pinched nerve in my neck that prevented me from turning my head without severe pain. It was horrible! I wasn't able to drive or do anything that required me to turn my head quickly. All I wanted to do was to get out of pain!!

My doctor was confident that Chiropractic care would alleviate the tightness in my neck.

After my first adjustment, I was already able to turn my head more! With the second, I had almost complete mobility back in my neck and very little pain! And by the third visit, I was back to normal with only slight stiffness in my neck!

The feeling was amazing, I was able to drive and play sports again without any issues!!

Everyone in the office was really so friendly. My Chiropractor was positive about my prognosis every step of the way. I am completely comfortable referring others to my Chiropractor every time I have the opportunity. ❖

YOU CAN MAKE a Difference IN SOMEONE'S LIFE!

If you know someone who suffers from **sciatica, headaches, carpal tunnel syndrome, back pain, chronic fatigue or other unresolved health issues**, please pass our name and number along. You probably know someone with sciatica, so please share this informative newsletter with them.

THANK YOU FOR YOUR REFERRALS TO THIS OFFICE!

