



Chiro Health & Wellness

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This Issue:

- Patient's Satisfied with Chiropractic
- Back Pain Worse for Smokers

Book Of The Month

Excuse Me, Your Life Is Waiting: The Astonishing Power of Feelings

by Lynn Grabhorn
This book puts into perspective just how powerful our negative thoughts are and how changing them can positively influence our lives. A great easy read that will impact your life!

Quote of the Month

"If you don't let go, you can't fall off."

- Jerry Moffit

Forward this newsletter to a friend so they may benefit.

Patients Satisfied with Chiropractic Physicians

Are patients happy with their chiropractic care? A recent study set out to determine the level of satisfaction with chiropractic care in a sample of patients seen by physician members of a chiropractic independent physicians' association. Various aspects of chiropractic care were given a rating of "excellent" by the following percentage of respondents: Length of time to get an appointment (84.9%); convenience of the office (57.7%); access to the office by telephone (77.3%); length of wait at the office (75.7%); time spent with the provider (74.3%); explanation of what was done during the visit (72.8%); technical skills of the chiropractor (83.3%); and the personal manner of the chiropractor (92.4%). The visit overall was rated as excellent by 83.3% of responders, and 95.5% stated they would definitely recommend the provider to others.

SOURCE: *J Manipulative Physiol Ther* 2001 Nov-Dec;24(9):556-9.

Back Pain Worse for Smokers

Information collected on more than 25,000 patients revealed that smokers who visited physicians for back problems were more likely to report severe back problems and symptoms of depression as compared with nonsmokers. Based on information collected from the National Spine Network, researchers found that smokers and nonsmokers had spinal symptoms for a similar duration, but smokers reported more severe symptoms, which were present for a greater proportion of time each day. Researchers also noted smokers had lower physical and mental health status scores than did nonsmokers. Moreover, for those patients unfortunate enough to have undergone back surgery, nonsmokers had a more favorable outcome.

SOURCE: *Spine* 2002;27:313

INJURED? CONSIDER CHIROPRACTIC

Remember that injuries related to auto trauma and employment respond well to chiropractic care. We specialize in soft tissue trauma and chronic pain and appreciate the referral of your friends and relatives.