

Active Living Chiropractic Weekly Handout

Dr. Philip A. Que

Chiropractic Care for Headache Sufferers



"I wish I had seen a chiropractor sooner." The declaration comes unsolicited from Brett Cimino, a plumber who, for 10 years, has suffered from headaches nearly every day and debilitating migraines two to four times a month.

According to Dr. Jeffrey Robitaille of Robitaille Family Chiropractic in Rhode Island, 1 in 6 Americans suffers from chronic headaches. But like Cimino, many people overlook seeing a chiropractor for headache pain. "I waited more than a year before I made an appointment with a chiropractor. I guess I had some misconceptions about what a chiropractor does," says Cimino. "But after seeing the results, I don't know why I waited so long."

Every day, chiropractors hear similar stories from hundreds of people like Cimino who have been suffering for years with pain and are at their wits end because the only thing offered to them are more drugs. As Dr. Robitaille explains, many people think headaches are normal and take over-the-counter or prescription drugs to relieve the pain. "But these drugs only dull the pain," he says, "they don't treat the cause, which is why the headache returns."

In addition to chronic headaches, chiropractic care is also effective in treating tension headaches. A recent study released by the Foundation for Chiropractic Education and Research finds that individuals undergoing chiropractic therapy showed sustained reduction in headache frequency and severity compared with patients who took the drug amitriptyline, a commonly prescribed medication for tension headaches. "The conclusion of the study shows that chiropractic is not actually a therapy or treatment, but rather gets to the cause of the problem, thus allowing the body to effect a correction that lasts beyond actual care," says Dr. Robitaille.

Five Misconceptions About Headache Relief

1. Over-The-Counter Medications Treat The Cause Of Your Headache.

"Drugs only numb the pain. These drugs fail to treat the real cause. None of us were born with too few Advil in our blood. A lack of drugs is not the cause."

2. Headache Medication Can't Harm You.

"On the contrary, drugs can cause side effects that can be far worse than the headache pain you're trying to relieve."

3. Stress Causes Headaches.

"Although stress is a part of life, it is not the cause of headaches. Rather, it's how your body adapts to stress that affects your health. Chiropractic care can provide ways to help you increase your body's ability to adapt to stress of any kind."

4. Headaches Go Away On Their Own.

"Without treating the cause, or root of the problem, they won't."

5. Your Problem Is Always Where Your Pain Is.

"In fact, not all headaches originate in the head. For instance, a person who suffered a neck injury at some point in their life, whether from a car accident, playing sports, or a fall as a child, could suffer head pain later on. These are called cervicogenic headaches because they result from tension of the neck and head muscles."

Chiropractors offer effective, natural alternatives that do not involve drugs or invasive treatments.

If you, a friend or a family member suffer from headaches, stop the suffering! Schedule an appointment with Dr. Que today!

-Maryellen Cicione, www.associatedcontent.com

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