

# Is ARTHRITIS Affecting YOUR Life?

Getting regular chiropractic care can help, so let's take a look and see WHY and HOW. By definition, "Arthritis" is inflammation of the joints.

There are many different forms of Arthritis. However, the one we have the most success with is **Osteoarthritis**, sometimes referred to as **DJD** or **Degenerative Joint Disease**.

**Osteoarthritis** is sort of a "wearing away" of your joint(s) which over time will take its toll on how you act, feel, and move.

Although "aging" is factor, this is mostly due to years of excessive use, say from a job, sports related injuries or something you do repetitively that causes a wear on your joints.

Many people tell me "The orthopedist told me the disc in my neck or low back is worn down because of my age." My response is "Well, how old are the other discs? I think they're all the same age, so why did one of them wear out faster than the other ones?"

**DJD** or **Osteoarthritis** is usually caused by bones in the body that are NOT in proper alignment. If the front end of your car is misaligned, it's going to wear out the tires, no matter how careful you drive.

The discs (like the tires on that car I just mentioned) wear away and your body tries to stabilize the area. On x-ray, this reaction looks like little bone spurs. It's actually the body trying to "fuse" these vertebrae in order to protect you.

Usually, the problem is not noticed until the disc is about gone and the spurs (or osteophytes) start to press on nerves, causing pain.

The standard medical approach to "wear and tear" Arthritis is self-medication with over-the-counter painkillers and NSAIDS, or non-steroidal anti-inflammatory drugs like Tylenol, Advil, etc.

**If not resolved the right way**, you can end up on steroids or prescription painkillers or lead to risky surgery.

There are **safer** options to use to help with the pain, mobility, and get you back to doing the things you enjoy doing.

If you have or think you may have an **Arthritis** condition, we can help. We have solutions that may get you **Pain Free** and help you avoid the risks of certain drugs or other damage to your body.

Don't suffer or put it off any longer. It's about the quality of living that matters. Life is motion, if things don't move they decay. Call today and let's get you back to better living the life YOU want!

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