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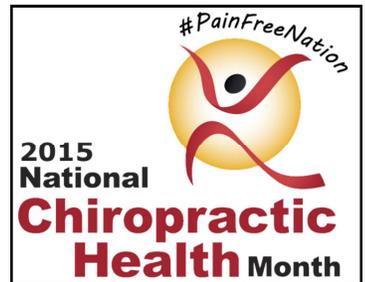
Finding a Solution to America’s Pain Epidemic

Lake Hiawatha, NJ, October 2015 — There is a consensus that pain in America is a problem of epidemic proportion and that many types of prescription management and some surgical procedures to control pain have associated risks and may lead to further health-related issues. In many of these cases, dependence on prescription opioids can be traced back to an epidemic of chronic pain that has been improperly treated in our nation’s health care system.

According to the American Academy of Pain Medicine, “Chronic pain affects more Americans than diabetes, heart disease and cancer combined.” Specifically, back pain is the most common type of pain followed by severe headaches or migraines, neck and facial pain.

While a multi-faceted plan is needed to fight this scourge, health care quality organizations have begun to recognize the value of the conservative approach before resorting to higher risk options. Treatment modalities that have been associated with pain relief for chronic pain sufferers include chiropractic manipulation/mobilization, acupuncture and acupressure, self-corrective exercises, TENS application, massage and others.

This month is National Chiropractic Health Month and this year, as you may have seen on the news, the American Chiropractic Association will mark the observance through a national public awareness and education campaign designed to help spread the word about conservative, broad-spectrum and non-addictive pain management methods using the hashtag #PainFreeNation. To learn more or to share your success story about conquering pain with a drug-free approach, check out this public Twitter chat today!

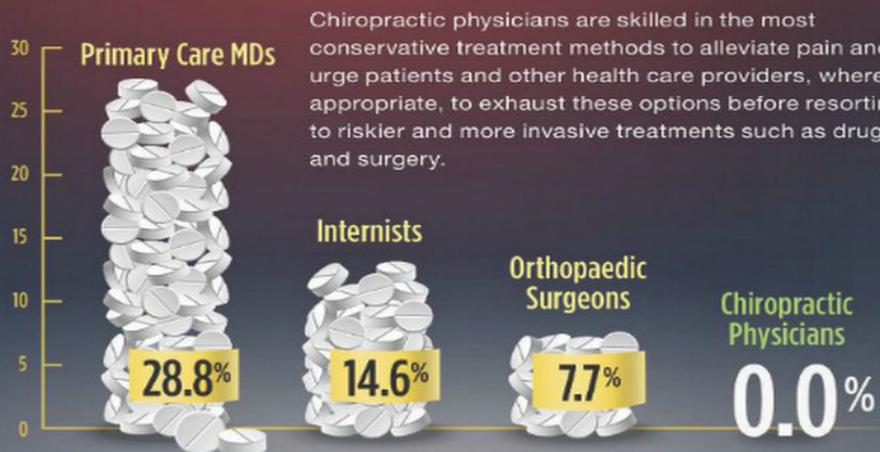


The Prescription Painkiller Epidemic

Opioid painkiller drugs mask pain. They do not cure it. Prescription drugs that numb pain in some cases may convince a patient that a musculoskeletal condition is less severe than it is, or that it has healed. This misunderstanding can lead to over-exertion and a delay in the healing process, or even to permanent injury.

www.acatoday.org/nchmtoolkit
#painfreenation

Prescribers of Opioid Painkillers in the United States



Chiropractic physicians are skilled in the most conservative treatment methods to alleviate pain and urge patients and other health care providers, where appropriate, to exhaust these options before resorting to riskier and more invasive treatments such as drugs and surgery.



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Source: Practice Analysis of Chiropractic 2015. NBCE. www.nbce.org/practiceanalysis.
J. Morris, H. R. Mir. The Opioid Epidemic: Impact on Orthopaedic Surgery. *Journal of the American Academy of Orthopaedic Surgeons*, 2015; 23 (5): 267 DOI: 10.5435/JAAOS-D-14-00163



Sports Chiropractic Around the World

Tokyo, Japan, September 2015—In preparation for the 2020 Summer Olympics scheduled to take place in Tokyo, Japan and representing FICS—the Fédération



Internationale de Chiropratique du Sport, Dr. Santiago traveled to Tokyo the week of September 21st. As Secretary-General of FICS, Dr. Santiago lectured on behalf of the Tokyo Olympic Committee to the Japanese Federation of Chiropractic Sportive (JFOCS) who will be serving the future games regarding international sensitivities in sport in an effort help organize the group and achieve consistency in treatment for the athletes who will be participating from around the globe.



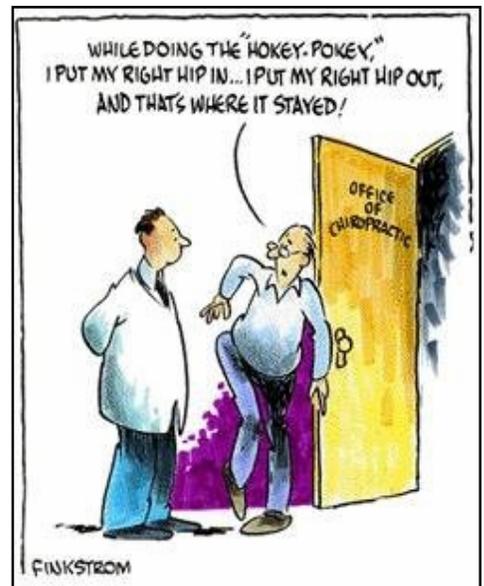
SCA Welcomes Chiropractic Assistant

This fall, Santiago Chiropractic Associates is excited to welcome Chiropractic Assistant, Wendy Mendez of Wharton, NY, to our office team. Wendy is currently a senior at Mercy college, majoring in Biology with future plans to work in healthcare specializing in sports injuries and rehabilitation. Wendy enjoys playing sports and guitar in her free time, but also, after having had the opportunity to study abroad at one of Korea's most prestigious schools, Yonsei University, in their Global Village Program, has a passion for learning about different cultures and languages. Before settling down into her own practice in the US, it is Wendy's hope to travel to developing countries and offer services in sports medicine there. Already fluent in both English and Spanish and working on her Korean, Wendy wishes to continue learning and becoming skillful in other languages to help her communicate with future patients internationally.



When asked for comment for our newsletter, Wendy said, "To my colleagues and the patients at SCA, thank you for the opportunity to be a part of this team as well the journey to health. I promise to contribute my best efforts always as a Chiropractic Assistant and look forward to meeting each and every one of you."

Wendy will be assisting both the front office staff and the doctors to make your visits more efficient and helping to maximize the one-on-one clinical time you will have with the doctors. Please join us in welcoming Wendy!



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