

NATIONAL CHIROPRACTIC AWARENESS MONTH October 2018

WHEREAS, Chiropractors are physician-level providers who focus on the whole person in their conservative approach to pain management and health care, and have particular expertise in the prevention, care and rehabilitation of musculoskeletal injuries and conditions;

WHEREAS, Chiropractors recognize through research and clinical experience that a sedentary lifestyle can diminish joint health, wellness and longevity;

WHEREAS, Physical activity not only helps reduce the risk of cardiovascular disease, Type 2 diabetes and even some cancers, it also strengthens our bones and muscles and helps reduce the incidence of low back pain;

WHEREAS, Low back pain is one of the most common musculoskeletal conditions and is the single leading cause of disability worldwide;

WHEREAS, Years lived with disability caused by low back pain have increased worldwide by 54 percent between 1999 and 2015 – primarily because of the increase and aging of the population;

WHEREAS, Chiropractic is widely recognized as one of the safest nondrug, noninvasive therapies available for the treatment of low back pain and other musculoskeletal complaints;

WHEREAS, The American College of Physicians' low-back pain treatment guidelines released in 2017 promote the use of noninvasive, nondrug treatments such as spinal manipulation as a first line of defense against back pain, and groups such as the Joint Commission and the CDC also promote the use of nonpharmacologic approaches for pain treatment before drugs and surgery;

WHEREAS, National Chiropractic Health Month 2018 serves as a reminder to all citizens of Crossville, Tennessee that noninvasive, nondrug treatments for low-back pain such as chiropractic services/spinal manipulation combined with an active, healthy lifestyle may lessen or eliminate the need for riskier, potentially addictive treatments (such as prescription opioid pain medications) and help keep people healthier and active into their senior years;

THEREFORE, BE IT RESOLVED, I, James Mayberry of Crossville, Tennessee officially joins with the American Chiropractic Association, and Tennessee Chiropractic Association as it promotes the benefits of movement with its "Move 4 Life" campaign by proclaiming October 2018 National Chiropractic Health Month.