

## **CHIROPRACTIC AWARENESS MONTH October 2016**

**WHEREAS,** Doctors of Chiropractic are physician-level providers who focus on the whole person in their conservative drug-free approach to health care and pain management, and focus on the disorders of the musculoskeletal system and the nervous system, and the effects of these disorders on general health; and

**WHEREAS,** With the increase in chronic pain, there has been a simultaneous rise in opioid use, which has been associated with adverse outcomes (e.g. addiction, overdose, insufficient pain relief), leading the Centers for Disease Control and Prevention (CDC) to classify the overuse and abuse of prescription pain medications in the United States as "epidemic"; and

**WHEREAS,** Prescription drugs that numb pain 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; and

**WHEREAS,** The CDC Guideline for Prescribing Opioids for Chronic Pain and the National Pain Strategy both share an important tactic to address the U.S. Opioid epidemic: Encouraging medical doctors to utilize non-pharmacologic, conservative care and to consider non-addictive alternative options, behavioral changes and non-addictive pain relievers; and

**WHEREAS,** Chiropractic Health Month serves as a reminder to all citizens that conservative treatments for pain such as chiropractic services may potentially lessen or eliminate the need for riskier, potentially addictive treatments such as prescription opioid pain medications and should be thoroughly exhausted whenever possible before initiating opioid therapy; and

**NOW, THEREFORE,** I, James S. Mayberry, Mayor of the City of Crossville, Tennessee, officially joins with the American Chiropractic Association, the Tennessee Chiropractic Association, Crossville Family Chiropractic and Drs. R.J. Crawford and Patrick Stullin proclaiming the month of October 2016 as **CHIROPRACTIC HEALTH MONTH** and encourage all citizens of Crossville to join in this observance.