

Care for Senior Citizens



SUPPORTS

LOCAL CHARITIES

The prime objective of chiropractic care is to optimize human health by keeping the nervous system free from interference, thus allowing the body to function at its maximum capacity. The utility of care for many conditions has been suggested. It has been pointed out that while some conditions may not seem to be directly related to the spine, some conditions may be linked to a spinal or neurological factor and may explain why these conditions respond to chiropractic adjustments.

Why the need for chiropractic care for our senior citizens? Older patients are subjected to structural problems such as degenerative joint disease (arthritis) and therefore many of their ailments are related to the spine and extremities. Pain and stiffness are two of the most frequent complaints of the senior citizen.

The pain and joint stiffness is easily understood: the elastic discs and supporting ligaments have lost much of their ability to stretch and move due to aging and are therefore less flexible.

As a person ages, the muscles which help to maintain the spine in its normal alignment begin to lose the tone needed to maintain balance. When this occurs, the spinal vertebrae have a greater tendency to move erratically, particularly in the upright weight bearing posture. This affects the spinal nerves which lead to vital parts of the body.

Another condition often affecting senior citizens is osteoporosis. This occurs mainly in women after menopause and is characterized by thinning of bones leaving them fragile and susceptible to fractures. Almost one out of every four women over 65 suffers an osteoporotic fracture. Factors contributing to osteoporosis are hormone loss,



lack of physical activity, calcium deficiency, alcohol, cigarette smoking and certain medications. Talk to your doctor about making some decisions on how to effectively cope with osteoporosis. Your life style is important and you can do many things to help you live with osteoporosis and to help prevent injury.

Chiropractic adjustments (manipulations) of spinal joint derangements may help the body to retain and maintain its normal balance and mobility. Chronic conditions associated with the process of aging, such as degenerative arthritis, circulatory disorders, constipation and stiffness of various joints may benefit from corrective spinal adjustments.

The chiropractic profession has always focused a high degree of attention on the senior citizen. This has been done mainly because the senior citizen's happiness largely depends on physical health and mental attitude. The chiropractic profession has directed much of its attention towards making the older person better able to function as a vital member of society.

We Care About the Community

In the past few years several surveys have been conducted which have focused on the health promotion and preventative attitudes of doctors of chiropractic. These surveys will form the basis for future studies to determine if maintenance care and health promotion services for chiropractic patients 65 years or older have been effective. The surveys suggest that there may be positive health benefits achieved by individuals who have received chiropractic care, however clinical research is needed to substantiate these findings.

There is also a growing positive trend toward health maintenance, evidenced by a reduction in smoking and a more cautious attitude about the use of prescription and over-the-counter drugs. Also an increase in exercise and healthy life styles, as well as a growing awareness concerning the value of nutrition requirements for health, will enhance the quality of life for most senior citizens. Much of the new attitude is fueled by an increase in longevity and the general awareness of the direct effects life style has on health.



Chronic pain is a significant problem for many senior citizens. However, non-pharmacological (non-drug) approaches, oftentimes used alone or

in combination with appropriate drug-based strategies, should be an integral part of health care plans for most chronic pain patients. Non-drug pain management strategies encompass a broad range of treatments and supportive physical modalities.

Educational programmes, acupuncture, acupressure, transcutaneous nerve stimulation (TENS), heat, cold, massage, relaxation, biofeedback, meditation, specific exercise, shiatsu massage, spiritual healing and group therapy, have each in some instances been helpful for some patients. Moreover, these health care interventions carry minimal risk of adverse effects.



Consult your doctor of chiropractic for a consultation and evaluation. Perhaps you can gain many more years of productive living through chiropractic health care. In many instances your quality of life may be significantly improved by including these reasonable approaches as part of your overall health programme.

Remember, **“YOUTH IS A FEELING AND AN ATTITUDE.....NOT AN AGE.”**

We care about you

Please give this to a friend or colleague if you think Chiropractic may help them.

Have them call us on 01276 21637

Camberley Chiropractic Clinic Ltd
62 Frimley Road
Camberley
Surrey
GU15 3EG