



## Healthcare 2015: What you can DO to survive the coming crisis.

*The future of healthcare is not bright. The World Health Organization ranks the U.S. 37th in overall health system performance. The Center for Spine Pain® wants to help! We have health and wellness solutions which, if implemented by you and your family now, will help you avoid massive preventable healthcare costs in the future.*

Never in America has the future of healthcare looked bleaker. U.S. medical expenditures are 2.3 times higher than any other developed country and are expected to increase 83 percent over the next 10 years.<sup>1</sup> Medicare Part A is projected to be exhausted by 2019<sup>2</sup> (just 11 years from now.) Gradually the coronary bypasses, angioplasties, hip and knee replacements, spine fusions, chemotherapies and pacemakers provided to some of us, our parents or our grandparents will be accessible *only* to the wealthy. Already we are witnessing significant growth in “medical tourism” -- traveling for discounted cash-only surgeries and other medical procedures overseas or offshore.

For the providers at The Center for Spine Pain® the time has come to raise the bar. Our Chiropractic Physicians, knowing what awaits you on the healthcare horizon, have decided to equip you with crucial information -- the “survival skills” --you’re going to need now and in the years to come. This information, combined with strategic changes in health habits, will make it possible for you to be among the

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## Health and Wellness Services Await You at CSP!

The Center for Spine Pain® is the most trusted name in South Denver among patients and referring medical physicians for high quality, effective chiropractic treatment and rehabilitation of back pain, neck pain and headaches. However, for over a decade we’ve also been establishing ourselves as a *center of excellence* combining eastern and western approaches for optimizing health and wellness. Here is a sampling of the services we provide and the conditions we address with predictable effectiveness:

- Acupuncture (Traditional Chinese Medicine)
- Massage therapy
- Low level laser therapies
- Pulsed magnetic field therapy using the MRS 2000
- Electro-Interstitial Body Fluid Scanning (French Diagnostic Technology)

Some of the conditions that can be diagnosed, supported and improved using the above-listed approaches include insomnia, snoring and certain forms of sleep apnea, digestive disorders, infertility, erectile dysfunction, sports injuries, tennis elbow, bursitis, heart arrhythmias, osteoporosis, fibromyalgia, degenerative arthritis, neuralgias and diabetic neuropathies, non-healing diabetic wounds, carpal tunnel syndrome, nervousness, anxiety, depression, stress and chronic fatigue syndrome.

healthiest, most active and lastingly vibrant people in America. Just as important, *you will now have preferential access to breakthrough technologies (like Electro-Interstitial Body Fluid Scanning) and innovative, cost-effective ways to receive healthcare (like Chiropractic and Massage Memberships, and our prepaid ChiroCard)* that will enable you to assess your health risks and make better wellness choices, protecting not only your good health, but also your retirement nest egg from exposure to ever-increasing and potentially devastating *preventable* medical expenses. (Half of all bankruptcies are in part due to medical expenses.<sup>3</sup>) Note this: approximately 80 percent of coronary heart disease,<sup>4</sup> 90 percent of type II diabetes,<sup>5</sup> and more than half of cancers<sup>6-9</sup> can be *prevented* through lifestyle changes, such as proper diet and exercise. The Doctors of Chiropractic at The Center for Spine Pain® have the knowledge and expertise to be your best preventive medicine resource. As many of our patients tell us, “*When I have a problem, I come here first. I know that if you can’t help, you’ll tell me exactly where to go next. I trust you.*” We do not take your trust for granted. We are constantly seeking ways to help you be well and feel great!

In order to survive the coming crisis you’ll need “coaching” on where (and from whom) to obtain reliable sources of information, how to take a more active role in and more responsibility for your personal health, and how to maximize the value you receive from your chosen providers and your insurers. *Every one of us needs a Health Coach -- a health “infomediary” who will help us embrace healthier lifestyle choices and, when necessary, help us manage a chronic health condition (like spinal stenosis or fibromyalgia.)*

The rising rates of obesity and chronic disease (like type II diabetes and heart disease) are all directly indicators of unhealthy choices. Preventive care, which focuses on keeping people well through disease prevention, early detection and health promotion, is a concept well suited to the training and expertise of the Doctors of Chiropractic at The Center for Spine Pain®. While we are widely recognized as a “center of excellence” for the treatment of spine pain, we are compelled by our advanced training and expertise to expand our services in nutrition, preventive alternative medicine and the promotion of wellness. The stakes are too high. The tools and technologies we have at our disposal are too effective. And we are too well connected to other excellent health care providers in our community to bypass the opportunities for partnership with them on behalf of your health.

## WHAT YOU CAN DO NOW:

- Schedule an appointment for Electro-Interstitial Body Fluid Scanning, or learn more about it by requesting information from Barb S.: [bstevenson@center4spine.com](mailto:bstevenson@center4spine.com)
- Begin now to adopt a healthier lifestyle by scheduling a consultation and evaluation with one of our Doctors of Chiropractic. **Call 303.382.3616 today.**
- Speak to your employer about our cost-effective Chiropractic & Massage Therapy Memberships or Prepaid ChiroCards! Contact Rhonda: [rhurley@center4spine.com](mailto:rhurley@center4spine.com)

## References

<sup>1</sup> “OECD health data 2007: Statistics and indicators for 30 countries.” Organisation for Economic Co-operation and Development. July 18, 2007.

<sup>2</sup> “2007 annual report of the boards of trustees of the federal hospital insurance and federal supplementary medical insurance trust funds communication.” U.S. Department of Health and Human Services, Centers for Medicare and Medicaid Services. April 23, 2007. Available at <http://www.cms.hhs.gov/ReportsTrustFunds/downloads/tr2007.pdf> (accessed on November 25, 2007).

<sup>3</sup> Himmelstein, David U., Elizabeth Warren, Deborah Thorne and Steffie Woolhandler. “Illness and Injury as Contributors to Bankruptcy.” Health Affairs Web Exclusive, W5-63. February 2, 2005.

<sup>4</sup> Stampfer, Meir J., Frank B. Hu, JoAnn E. Manson, et al. 2000. Primary prevention of coronary heart disease in women through diet and lifestyle. *New England Journal of*

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<sup>5</sup> Hu, Frank B., JoAnn E. Manson, Meir J. Stampfer, et al. 2001. Diet, lifestyle, and the risk of type 2 diabetes mellitus in women. *New England Journal of Medicine* 345(11): 790-97.

<sup>6</sup> Harvard Center for Cancer Prevention. 1996. Harvard report on cancer prevention - volume 1: causes of human cancer. *Cancer Causes Control* 7(Suppl. 1): S3-S59.

<sup>7</sup> Trichopoulos, Dimitrios, Frederick P. Li, David J. Hunter. 1996. What causes cancer? *Scientific American* 275: 80-87.

<sup>8</sup> Willett, Walter C., Graham A. Colditz, Nancy E. Mueller. 1996. Strategies for minimizing cancer risk. *Scientific American* 275: 88-91, 94-95.

<sup>9</sup> Harvard Center for Cancer Prevention. 1997. Harvard report on cancer prevention - volume 1: prevention of human cancer. *Cancer Causes Control* 8 (Suppl. 1): S5-S45.

For more information or to schedule an appointment at our DTC or Highlands Ranch location, please contact us at:

**303.382.3616**

or visit our clinical services webpage at [www.center4spine.com](http://www.center4spine.com)

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