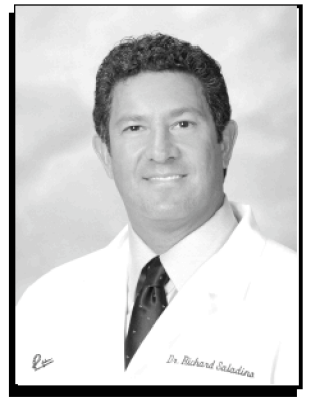


Ouch! My Aching Neck and Back!

by Dr. Richard A. Saladino



If you've ever moaned in agony from back pain, you're not alone. About eight in ten Americans will suffer from it at some point in their lives. After colds, it's the No. 1 cause of missed work.

It's a major drain on the American economy, costing more than \$90 billion a year in medical bills.

Part of the problem is the complexity of the spine, a miraculous structure of bone and cartilage that surrounds nerves linking the brain to the rest of the body. The lower back, called the lumbar region, bears most of a person's weight on five vertebrae separated by disks that work like shock absorbers to provide cushioning and flexibility. Muscles and ligaments supply further support. But over time, the effects of aging decrease bone mass and muscle elasticity, and contribute to disk degeneration, leaving the lower back vulnerable to injury and millions of people susceptible to pain.

WHAT IS WHIPLASH?

Whiplash describes an injury to the neck and/or supporting tissues (i.e., discs, muscles, tendons, ligaments) usually caused by a rear-end collision. However, a whiplash injury can also occur from a violent sneeze, a tackle or anything that causes your head and neck to thrust backward and forward. Whiplash can occur at speeds as low as 5 mph and injuries are greatest when the head is turned on impact.

Whether you were involved in a car accident last month, last year or ten years ago, if you have neck or back pain, stiffness or any of the symptoms below, you could be suffering from the lingering effects of a whiplash injury!

WHIPLASH: WARNING SIGNS

- Neck pain
- Headache
- Back pain
- Pain between the shoulder blades
- Numbness or tingling
- Pain, burning, weakness in arms or hands
- Dizziness or light-headedness
- Rib pain
- Poor concentration

A report was recently published in the Journal of Orthopedic Medicine, in conjunction with the University Department of Orthopedic Surgery in England. Researchers evaluated patients with restricted neck movement or severe neck pain and found that Chiropractic was the only proven treatment in chronic whiplash cases!

When soft tissue "heals" without first having restored proper joint position, your joints won't move right. Stiff joints and improper movement can lead to disc degeneration, arthritis, bone

spurs, and/or nerve compression—giving rise to chronic pain and illness. Spinal adjustments help break up damaging scar tissue to restore a full range of motion. Chiropractic care can speed up and enhance the healing process. Potential complications can actually be prevented with Chiropractic care!!

The truth is, even if you were involved in a recent accident and have no symptoms, you could still have a whiplash injury brewing. That's right! You could be a ticking time bomb waiting to explode into pain—when you least expect it!

Chances are you won't feel anything initially. Symptoms of whiplash often appear within 72 hours of an accident. Remember, damaged tissue doesn't always "hurt" right away! So as long as there are no fractures, a chiropractic exam for non-bleeding injuries should be done IMMEDIATELY—before symptoms arise! Here's why: Torn muscles and stretched ligaments are common to whiplash injuries. Your body naturally starts kicking into "repair mode" within days after an injury. If the Impact threw your spine out of alignment, your body begins to "remodel" injured tissues around a misaligned structure. That means big trouble down the road.

Let Chiropractic get to the underlying source of your pain so it doesn't come back again! Schedule your Chiropractic exam today!

Sunset of Florida's no-fault Insurance law is an accident waiting to happen.

Unless something changes, on October 1, 2007 state law will no longer require you to carry "Personal Injury Protection" (PIP) Insurance coverage in order to drive on Florida's roadways. **THIS SHOULD BE A MAJOR CONCERN TO ALL FLORIDIANS.**

PIP is a part of Florida's no-fault auto insurance system in place since the 1970s. It is that portion of your coverage designed to offer you prompt medical attention, and lost wages if needed—up to \$10,000—without having to initiate a lawsuit if you are injured in an auto accident regardless of who's at fault.

In the spring of 2007, state lawmakers were unable to agree on the future of the No Fault program during their regular session, meaning the program will now disappear on October 1 unless extraordinary action is taken. That spells big trouble for you, and for all Florida drivers.

While the insurance companies would like you to believe you will save money, the fact is, in the long run, you will most likely pay more—much, much more. After all, when was the last time an insurance company actually reduced your rates? As thousands—or more likely millions—of drivers drop this critical PIP coverage, what will happen? Accidents will surely continue to happen, and victims will continue to go to doctors and emergency rooms seeking care. But, almost 20% of Floridians currently have no health insurance coverage at all—and that number

doubles when you consider the percentage of accident victims presenting themselves at hospital emergency rooms without health insurance.

So who will get to pay for their care? That's right, you. It means your uninsured motorists coverage premiums will go up—perhaps dramatically—your health insurance premiums will go up, and eventually higher taxes will be needed to pay for all of the uncompensated care delivered by emergency rooms and trauma centers.

The bottom line is, responsible drivers like you will get to pay for the irresponsible actions of others. What can you do? A lot: Contact your state legislatures right away and tell them not to allow PIP to go away.

(To find your State Representative and Senator, go to www.flsenate.gov and click on "Senators" and "Find Your Legislator")

You can also contact Governor Crist and urge him to use his leadership to make sure the Legislature addresses this critical issue. Crist." (Go to www.myflorida.com and click on "Contact Governor Crist.")

Dr. Richard A. Saladino, Chiropractic physician, is an experienced holistic physician in Lakewood Ranch. He has integrated nutrition, longevity and wellness in his practice. If you have any health questions, feel free to call him at 741-8900.

Dr. Richard A. Saladino received his Bachelor's Degree of Science in Biology and Chemistry from the State University of New York at Albany. He received his Doctorate from Palmer College of Chiropractic in Davenport, Iowa.

He is Diplomate of the National Board of Chiropractic Examiners. He is a long-standing member of the Florida Chiropractic Association, and has been an active practicing Chiropractic physician since 1988.

Dr. Saladino is now internationally recognized as a Chiropractic Expert by the American Board of Medical Examiners. He has lectured at many colleges and institutions, and would be happy to educate you with regards to any health matter in order to meet your needs.

GET RID OF PAIN NOW! CHIROPRACTIC

Opinion/Testimony

• Examination • Treatment

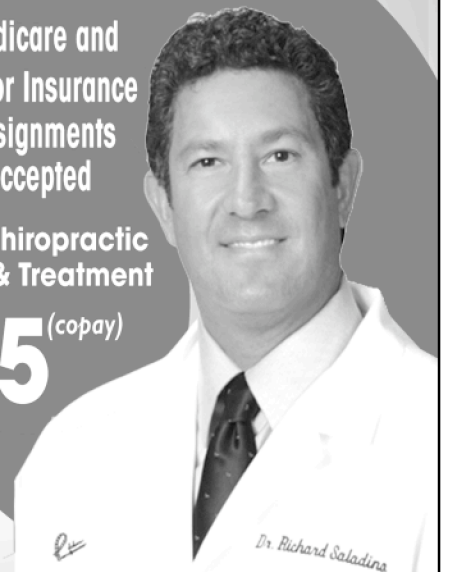
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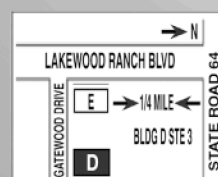


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