

## CHIROPRACTIC AND AGING

It's a fact, we are living longer. The average life span today is 77.6 and by the year 2030 one in five Americans will be 65 or older. Did you know that the most common cause of functional disability in persons over the age of 50 is spinal disorders? Are you going to live past 50? Believe it or not the chance of you living to 80 is huge! As we age we continue to lose function and mobility. Optimum health, mobility and function peaks around age 23 and for most people decreases greatly (close to 50%) by age 50 and continues to decrease the older we get. One in three adults suffers from neck pain and eight out of 10 adults will suffer with back pain. In a recent study conducted by the Rand Corporation, seniors who received Chiropractic care reported better overall health and increased mobility over seniors not receiving Chiropractic care. In this three year study of people 75 years old, 87% of the chiropractic patients described their health status as good to excellent compared to 67% of non-chiropractic patients. Also the chiropractic patients were less likely to use prescription drugs and more likely to exercise regularly and participate in community activities. The Chiropractic patients reported fewer health problems- 22% fewer suffered with symptoms of arthritis, 15% less time was spent in nursing homes, 21% less time in hospitals and 15% fewer reported two or more chronic conditions. Today, people over the age of 65 make up about 13% of the population but they purchase over 31% of all prescription medications, account for 31% of all hospital discharges and are responsible for 42% of in hospital days of care. Another recent study of 1,484 seniors aged 70 to 85 showed that those with back pain had lower mobility and quality of life, greater mortality risk, and a greater risk of heart disease. On the bright side, Chiropractic patients over 65 who received health promotion and preventative Chiropractic care made half the average annual number of visits to medical providers. See a Chiropractor today and get on the road to increased function and wellness.

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