

Ohio Chiropractic Physicians can provide a Solution to the Ohio Opioid/Heroin Addiction Epidemic and can Improve the Health Status of Ohioans.

Our message is twofold; patients should seek conservative/chiropractic treatment first when musculoskeletal injuries occur and chiropractic/conservative treatment can benefit the patient who presents with acute, sub-acute or chronic pain and dysfunction.

Not only can we as chiropractic physicians reduce reliance upon over the counter NSAIDS, pain medications, reduce/prevent opioid/heroin addiction, injections and surgery, we do have a plan to get Ohioans well and to stay well.

A huge barrier in Ohio, is the limited, restricted and or no coverage of chiropractic/conservative treatment which forces Ohioans to choose non-conservative treatment measures which results in a higher probability of developing additional health problems and developing life threatening situations. The below data loudly screams that change is necessary to solve this Ohio/ United States of America healthcare crisis.

Over 80 percent of our workforce has chronic illness. Chronic illness is responsible for 9 days of absenteeism per employee per year and up to 91 days of lost productivity per employee per year. Chronic illness is the leading cause of personal, cooperate, and government debt and bankruptcy. "Partnership to Fight Chronic Disease," Almanac of Chronic Disease, (2009).

By 2017 chronic illness will cost 4.3 trillion dollars per year in the U.S. alone. This represents \$12 billion per day, \$500 million per hour, and over 8 million dollars per minute— EVERY DAY. "Partnership to Fight Chronic Disease," Almanac of Chronic Disease, (2009).

Every year we spend more but get sicker. Seven of the most common chronic illness conditions accounted for 1 trillion dollars of lost productivity in 2003. This could pay for 20 million jobs at a salary level of \$50,000.00.

Drugs and surgeries never have solved and never will solve the pandemic of chronic illness; Drugs and surgery are both ineffective and economically unsustainable options for curing chronic illness. Paulette C. Morgan, "CRS Report for Congress, "Health Care Spending: Past Trends and Projections. (2004).

- The number of prescriptions per person is doubling every decade.
- 76% of Americans regularly take prescriptive drugs.
- Americans consume 25 million pills per hour every day yet millions still die every year from chronic illness.

According to the Drug Enforcement Administration, four out of five new heroin addicts started on prescriptions written by doctors. 80% of Heroin addicts started being reliant upon prescriptive pain medications

OHIO DATA:

According to the Commonwealth Fund, researched by Ohio BWC, Ohioans are generally in poorer health, both physically and mentally, relative to residents of other states. There were 37 states that had healthier workforces than Ohio in 2009.

September 2014: Ohio BWC Healthcare Summit representatives have concluded, without consideration of the causes of Ohio's poor health and mental outcomes; that a claimant with a pre-existing health condition(s), at the time of his or her workplace injury, can complicate the claimant's ability to recover and return to work. Thus, it is reasonable to assume that many of these lost-time claimants have co-morbidities, which is likely hindering their ability to return to work.

Approximately 15-20 percent of Ohio injured workers, who have experienced poor health outcomes, remain off work for long periods of time. However, upon review of these claims, BWC discovered that 15-20 percent of claimants did not endure especially severe injuries. September 2014: Ohio BWC Healthcare Summit.

In fiscal year 2013, approximately 17,000 claimants missed more than seven days. Nearly one in five lost-time claimants were physically dependent on opiates; which equates to: 3,400 injured workers in 2013, dependent upon opiates. September 2014: Ohio BWC Healthcare Summit.

BWC Pharmacy Update: Opiates & The Injured Worker; 4 Ohioans die every day due to unintentional drug poisoning, between 2006-2009, on average one injured worker died every week due to drugs. An Ohio injured worker was 3 times more likely to die from drugs than the general population. Greater Cleveland Safety Council, June 12, 2012.

Currently 10 Ohioans dying are every day. Unintentional drug overdose continues to be the leading cause of injury-related death in Ohio, ahead of motor vehicle traffic crashes, suicide and falls. This trend began in 2007 and continues through the present date.

Prescription drugs are involved in most of the unintentional drug overdoses and have largely driven the rise in deaths. Pain medications (opioids) and multiple drug use are the largest contributors to the epidemic. Ohio Department of Health 2010 OHIO DRUG OVERDOSE DATA: GENERAL FINDINGS

Estimated average annual costs of fatal and non-fatal, hospital-admitted unintentional drug overdose in Ohio. In addition to the tragic loss of human life, drug overdoses are associated with high direct and indirect costs. Unintentional fatal poisonings cost Ohioans \$3.5 billion on average each year; while non-fatal, hospital-admitted poisonings cost an additional \$31.9 million. These costs include medical, work loss and quality-of-life loss. Ohio Department of Health, Office of Vital Statistics.

FOX NEWS-2017- OHIO IS "GROUND O," FOR HEROIN ADDICTION IN USA.

- A survey of 1,100 doctors in Ohio, conducted by the Cleveland Clinic and the Ohio State Medical Association, found 74 percent of doctors felt increased pressure to prescribe opiates because of how the government reimburses for pain management.
- In Ohio, the number of opiates prescribed "per capita" was 60 in 2015 (that is, there were enough opiates prescribed last year to give every single person in the state 60 pills - a total of over 701 million pills prescribed in just one year).
- According to the Drug Enforcement Administration, four out of five new heroin addicts started on prescriptions written by doctors. 80% of Heroin addicts started being reliant upon prescriptive pain medications.
- Nationwide, the number people died from heroin is expected to be about 47,000, which is an under-count.

US medical spending: PER DAY: Heart disease and stroke: 1.3 billion: Cancer: 625 million: Diabetes: 477 million: Obesity: 402 million: Digestive disorders: 337 million: Arthritis: 118 million: Osteoporosis/fractures: 38 million.

The only way to produce better, longer lives is through chronic sustained health belief system changes. Getting and staying well is about learning how to like what is good for us and how to dislike what is bad for us. Lifestyle is the only evidence based only economical and only effective wellness and prevention solution. It is the only option.

The leading causes of disease and death in the United States are lifestyle related and preventable. The fact is that the single greatest determinant of whether we will get sick or get and stay well is OUR LIFESTYLE CHOICES. Once it is understood that how we eat, move, think and interact is the cause of chronic illness, the fact that changing these behaviors is the only viable option to prevent and or recover from chronic illness.

If we want to get well and stay well we must learn what habitat and lifestyle choices match the ingredients lists on our genetic recipes for health and happiness and we must learn how to get yourself to act upon this knowledge. This is the entire basis of a wellness and prevention and solutions eat well - move well- think well 90-day lifestyle plan and the explanation of why this plan works when so many others fail.

If we eat well, move well, think well we get longer better lives, we have healthier children, we save trillions of dollars, we increase productivity, and we solve the health care crisis.

Chiropractic physicians can:

Provide timely treatment to patients who seek treatment for acute musculoskeletal injuries.

Provide pain relief and increased functional improvement to patient's who present with acute, sub-acute and or chronic pain.

Provide alternative and complementary medicine, including chiropractic, acupuncture, and nutritional support and other non-drug treatments such as massage therapy.

Provide a solution to the ongoing escalating prescribed drug usage/opioid/heroin epidemic; reduce surgery utilization, which reduces/eliminates the probability of developing, additional health problems and life threatening situations.

Return the Ohio employee/injured worker/active duty military personnel back to work/service and or prevent time loss from work/service.

Reduce the total cost of treatment. Studies indicate that the greater chiropractic coverage, despite increased visits to a DC, results in significant net savings in both indirect and direct costs.

The patient with chronic pain and dysfunction, receiving regular chiropractic care will experience reduced hospital admissions, surgeries, and pharmaceutical costs.

The patient will be more satisfied with their chiropractic treatment than MD treatment.

Provide wellness and prevention programs which combat chronic illness. A nationwide problem, chronic illness is the leading cause of death in the United States.

Please contact the Northwest Ohio Chiropractic Association nocachiro.org for your nearest chiropractic physician.

Compiled and composed by

North Central Academy of Chiropractic Executive Committee: