

Special Edition

The Health Corner

Starting this month, Ahern will be providing an additional newsletter discussing health issues, safety alerts and alternative health opportunities to assist our readers through these challenging times.

How many times have you gone to the doctor and he writes a prescription for whatever ailment you have? You look at the prescription and you can't read it. However, you assume the pharmacist can. In a recent survey, more than half of pharmacists admitted they filled the wrong prescription due to a doctor's sloppy handwriting.

In one real life example; a doctor wrote an order for the blood pressure drug Cardura, but the pharmacist read the doctors handwriting as the anti-coagulant Coumadin. Luckily, the mistake was caught before it could kill the patient.

Many other patients aren't as lucky. In fact, drug errors account for a staggering 100,000 deaths or more a year.

To avoid errors on your prescription, bring a pen and paper to the doctor's office and ask your doctor to spell out the name of the medication. Write it down, along with the correct dosage and schedule. Then, when you pick up your prescription, compare the label with your note.

Good news for people that suffer from arthritis or joint deficiency. In some cases, you may not have to suffer any longer;

- You don't have to take drugs.
- You don't have to take Glucosamin, SAM-E or any other expensive supplements.
- The reason, scientists have discovered a new joint healing break through that works even when all else fails.

The break through is called Prolotherapy, and it's more than just a way to relieve pain and inflammation. It's an outright cure that rebuilds worn out cartilage, ligaments and even tendons. The cure is permanent.

Here's how it works, your doctor injects an irritant solution into the infected joint. The injection triggers a healing response called the sterile inflammation.

Almost immediately, blood rushes to the area, delivering much needed oxygen and nutrients. Then healing cells called Fibroblasts make their way to the area. Blood vessels start to grow; collagen begins to form and pain begins to dissipate. Before you know it, your body has actually grown new tissue.

There have been several studies that indicate that Prolotherapy works. One study, in particular, had an astounding 87.5% success rate in which the therapy saw improvement.

Although, Prolotherapy is not well known, it is practiced by about 300 doctors in the country, including former US Surgeon General, C. Everett Koop.

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Many of us have experienced continual lower back pain. Normally, if the pain becomes chronic, a doctor normally recommends surgery, or narcotic drugs to alleviate the pain.

Recently, researchers conducted 22 studies that involved more than 1,700 adults who had chronic low back pain. They concluded that psychological treatments, such as behavioral techniques, hypnosis's, biofeedback and counseling, were more effective than standard treatments such as surgery, narcotic drugs and implantable drug delivery systems.

The theory: psychological treatments reduced patients experience of pain. For additional information, you may visit: www.findapsychologist.org, or call: (202) 783-7663.

Looking for a new doctor?

Studies indicate that people looking for a new doctor generally ask a friend or family member for a recommendation before they utilize other sources of information. While that friend or relatives experience with a doctor may be helpful, in most instances, they don't know the background information that's necessary to make an informed decision.

Experts are now suggesting that you utilize the internet to researching physicians. There are several websites, many of them available at no charge that provide basic data on just about every licensed doctor. For example;

- **www.findadoc.com** – this was developed by doctors and computer programmers and it allows you to quickly look up a doctor and find out where he/she trained, whether he is board certified and the typical time spent in a waiting room.
- **www.healthgrades.com** – similar to the above, but provides even more information on a doctor, including any mal practice judgments or disciplinary actions taken by a state licensing board.

If you want a full report on the doctor, it normally costs \$29.95 with the prices subject to change.

(Excerpts taken from Bottom Line Yearbook 2009)