

Opioids: The Long Term

Living life with constant pain can mean missed opportunities for many people. This can include missed social outings, missing out on family time, days off from work or school, and an overall less active lifestyle. It's all too common that those who suffer from constant pain seek help from doctors who prescribe heavy pain medication to help dull the symptoms.

One issue with pain medication is that it never truly corrects the issue. Pain medications such as opioids are highly addictive. Having to take heavy, addictive medication and rely on that medication to make our life feel livable means dealing with the severe consequences of pain medication such as addiction and overdose.

Opioid abuse is an issue nationwide but is particularly prevalent in the veteran community.

It's been found that up to 50% of veterans experience regular pain, with 30% of those suffering receiving a prescription for heavy pain medications. These veterans then stay on opioid medication as no real solution to correct the pain at the source is sought, and more medication is consistently prescribed.

Implementing neurologically-based chiropractic care means removing dysfunction from the nervous system that prevents our body from healing. Pain doesn't just occur in the body without a cause; something within the body tells us it's not able to function properly! When our nervous system functions optimally, our whole body functions optimally, and we begin to see the symptoms of dysfunction (such as pain) disappear! As a result, we no longer need to rely on methods that mask the symptoms, and our quality of life increases! When we take the time to look at the root cause of symptoms, we give ourselves a chance to finally heal from that pain.



Research demonstrates that when an opioid prescription is taken for pain, it is often taken long-term, especially in veteran populations.

Hayes, C. J., Gressler, L. E., Hu, B., Jones, B. L., Williams, J. S., & Martin, B. C. (2021). Trajectories of Opioid Coverage After Long-Term Opioid Therapy Initiation Among a National Cohort of US Veterans. *Journal of Pain Research*, Volume 14, 1745–1762. Opioid Coverage after Long-Term Opioid Therapy Initiation | JPR



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