

PAIN DRUGS

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“Investigators at the University of Pittsburgh have treated chronic pain patients with high doses of omega-3 fatty acids. The researchers say their findings suggest that this could be the answer to the adverse effects seen with non-steroidal anti-inflammatory drugs (NSAIDs), including cyclooxygenase (Cox)-2 inhibitors, which have been associated with potentially catastrophic adverse effects. Dr. Joseph Maroon, neurosurgeon and specialist in degenerative spine disease at the University of Pittsburgh Medical Center, reported the findings here on April 19th at the 73rd meeting of the American Association of Neurological Surgeons.”

“Patients who took high doses of omega-3 oils were impressed enough with the outcomes in the short term that they chose to continue using the oils, and to forego the use of NSAIDs.”

After 75 days of omega-3 oils, “59% had stopped taking prescription medications for their pain, 88% said they were pleased enough with the outcomes that they planned to continue using the fish oils, and there were no significant adverse effects reported.”

The omega-3 oils I use are from Nutri-

West, a company owned by chiropractors and a strong supporter of the ICA.

References

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4. Johnston C, AA aNS: High-Dose Omega-3 Oils Used to Treat Non-Surgical Neck and Back Pain, *Doctors Guide*, April 20, 2005.

DAN MURPHY, DC, DABCO, graduated magna cum laude from Western States Chiropractic in 1978 and has more than 26 years of practice experience. He received his Diplomate in Orthopedics in 1986. He has served as a part-time faculty member at Life Chiropractic West since 1982 and is on the postgraduate faculty of several other colleges. Dr. Murphy is an internationally recognized lecturer and has taught more than 1,000 continuing education seminars in the USA and in several other countries around the world. Dr. Murphy is currently Vice President of the International Chiropractors Association.

Treatment	Treatment		
	Drugs (Celebrex or Vioxx)	Acupuncture	Chiropractic Adjustments
Years of Chronic Spinal Pain	4.5 or 6.4	4.4 or 6.4	8.3
% Asymptomatic within 9 weeks	5.0%	9.4%	27.3%
% that suffered an adverse event	6.1%	0.0%	0.0%
% Improvement in general health status	18.0%	15.0%	47.0%

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