

THE BACK PAGE

JAY M YATES, DC

APPOINTMENTS (949) 721-9900

FIRST ISSUE

In this issue we will be dealing with **HEADACHE** sufferers. The most common headaches that people suffer from are common tension headaches and classic migraines.

You may have already received treatment for your headache in the form of some kind of medication. I once successfully treated a patient who's medical doctor had prepared a drug "cocktail" for her that would cause her to miss a week of work while she recovered.

After treating with me for only a couple of months, the severity and frequency of her headaches was greatly reduced to almost none.

How could this be you ask? Headaches are either caused by hormones or stress right? **WRONG!** According to the "Merck Manual" 4th Edition, the "etiology" of headaches is "unknown". For those of



you who don't know what this means, it means that no one knows what causes headaches.

There have been quite a number of studies done concerning chiropractic's roll in the treatment of headaches. Here are some of the finding that have been reported to various journals and sources.

"Cervical spine manipulation was associated with significant improvement in headache outcomes in trials involving patients with neck pain and/or neck dysfunction and headache." - Duke Evidence Report, McCrory, Penzlen, Hasselblad, Gray (2001)

"The results of this study show that spinal manipulative therapy is an effective treatment for tension headaches. . . Four weeks after cessation of treat-

ment . . . the patients who received spinal manipulative therapy experienced a sustained therapeutic benefit in all major outcomes in contrast to the patients that received amitriptyline therapy, who reverted to baseline values." - Journal of Manipulative and Physiological Therapeutics, Boline et al. (1995)

Based on a literature review of several headache treatment options, a panel of 19 multidisciplinary experts concluded that spinal manipulation resulted in almost immediate improvement for cervicogenic headaches and had significantly fewer side effects and longer-lasting relief of tension-type headache than a commonly-prescribed medication. Researchers concluded the following:

"Manipulation appeared to result in immediate improvement in headache severity when used to treat episodes of cervicogenic control. Furthermore, when compared to soft-tissue therapies (massage), a course of manipulation treatments resulted in sustained improvement in headache frequency and severity."

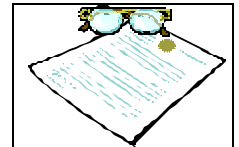
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This study compared chiropractic spinal manipulation to amitriptyline (a medication often prescribed

NEWSFLASH

For information on up coming lectures given by Dr. Yates on this subject and many others, please see his website at

www.jaymyatesdc.com



This site contains some very informative material and even has a special section specifically for patients of Dr. Yates. You can even book, cancel or change your appointments on-line now.

If you are a current patient of Dr. Yates and wish to have access to log in to this section, please contact Dr. Yates directly for a password to allow you to peruse this section.

If you do not use computers and have no access to this medium, please contact Dr. Yates's office directly and he will make sure you are aware of any lectures he will be giving .

PERTINENT INFO

As always, I appreciate your referrals to our office. By referring someone you demonstrate your concern for them and your trust in me. Thanks to you all.

Remember your maintenance visits. If you haven't been in for over a month, you need to call me for an appointment.

Don't undo all the good work we have done...

for the treatment of headache. The researchers found that "spinal manipulation seemed to be as effective as a well-established and efficacious treatment (amitriptyline), and on the basis of a benign side effects profile, it should be considered a treatment option for patients with frequent migraine headaches." The researchers also found that in the weeks immediately following treatment, patients who had received spinal manipulation had a 42% reduction in headache frequency, compared to only 24% of those who took amitriptyline.

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These are just a few of the studies that demonstrate the effectiveness and the efficacy of chiropractic treatment in the relief of headache syndromes.

If you are suffering from headaches or know someone who is, call me now so I can help them. Let's get them in for an appointment. I can consult with them at no charge.

Jay M Yates, DC

(949) 721-9900

Please mark the appropriate box and cut this questionnaire out and mail it to:
Dr. Jay M Yates P.O. BOX 12311 Newport Beach, CA. 92660. Thank you.

1. My care under Dr Yates was:
 - excellent
 - good
 - fair
 - poor
2. Dr Yates's explanation of my condition was:
 - excellent
 - good
 - fair
 - poor
3. I was willing to follow Dr. Yates's recommendations:
 - yes
 - no
4. My reason for stopping care if I didn't follow Dr. Yates's recommendation was:
 - I didn't feel I needed it.
 - financially too expensive.
 - just felt better and forgot.
 - I didn't want to come that often.
 - didn't feel I got the care I needed.
 - just wanted to come in for a quick fix
5. If I could rate Dr Yates's service and care I would rate him:
 - excellent
 - good
 - fair
 - poor

Thank you for your participation. Be sure to mail it in

Jay M. Yates, DC

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