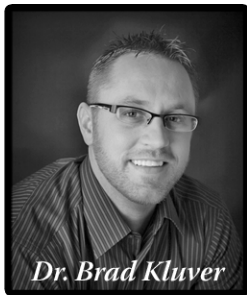


# KIDS FIRST



## *Arthritis...*

We have all heard them before, people moaning and groaning getting up out of a chair, sounding like a creaky wooden ship passing in the night. Many of us believe that arthritis or "Ole Arthur" is that inevitable force that chases us down in the later years of life, but that isn't necessarily true.

Currently, 46 million people report suffering from arthritis, and that number is expected to jump to 67 million by 2030. An estimated 294,000 children (under 18) or 1 in 250 have some sort of arthritis or rheumatic condition.

Annual hospitalizations due to arthritis equal 750,000 with 35 million outpatient visits, costing the health system more than \$128 billion per year! These numbers are reported by our own CDC.

Considering who you ask, the average human has approximately 250 joints in their body. Arthritis occurs when the cartilage in a joint begins to break down. The word arthritis means inflammation of a joint. After looking at literally thousands of spinal x-rays, it is very obvious that arthritis is usually caused by some sort of injury or malfunction. Just last week a student at Cornell College came into my office with neck pain and wasn't able to turn his head either direction. After an exam and x-rays, I noticed a section of his neck had obvious arthritic changes. The reason I am telling you this is to make you aware of the fact that arthritis is not an affliction of just seniors. Arthritis begins as a simple injury to a joint, and if left unchecked long enough worsens and becomes arthritis. It's much like the rusty hinges on an old door. When the door was new it opened properly, but after years of wear and tear the hinges stop working properly, the door becomes hard to open and eventually rusts shut. Our joints are affected in a similar fashion.

Chiropractic has been proven remarkably effective in treating arthritis and its symptoms. Chiropractic focuses on the practical issue of getting the body and joints to move more freely. Chiropractic care as a regular treatment will also help prevent arthritis, or at least its damaging effects. Prevention is the most effective way of combating the disease. Lifestyle changes and therapies associated with chiropractic will influence diet, exercise, and maintaining the body's alignment, a major factor of arthritis. I invite you to have yourself checked. Chiropractic adjustments are a safe & effective treatment for arthritis and can help restore proper mobility and function to joints. It's also the world's best kept secret. Please call me today.

## **Kluver Chiropractic** *& Wellness*

**Dr. Brad Kluver**

*"My mission is to help as many people in my lifetime as I possibly can - especially kids!"*

**111 First Street NE, Mount Vernon • (319) 895-6789**

**[www.kluverchiropractic.com](http://www.kluverchiropractic.com)**