

For your Health and Wellness!

US Health in International Perspective: Shorter Lives, Poorer Health

Institute of Medicine of the National Academies

"The United States is among the wealthiest nations in the world, but it is far from the healthiest. For many years, Americans have been dying at younger ages than people in almost all other high-income countries. This health disadvantage prevails even though the US spends far more per person on health care than any other nation. To give you a better understanding of this problem, the NIH asked the National Research Council and the IOM to investigate potential reasons for the US health disadvantage and to assess its larger implications. No single factor can fully explain the US health disadvantage. It likely has multiple causes and involves some combination of inadequate healthcare, unhealthy behaviors, adverse economic and social conditions, and environmental factors, as well as public policies and social values that shape those conditions. Without action to reverse current trends, the health of Americans will probably continue to fall behind that of people of other high-income countries. The tragedy is not that the US is losing a contest with other countries, but Americans are dying and suffering from illness and injury at rates that are demonstrably unnecessary."

One of the highlights of the ACCAHC meeting that reviewed the above report:

Despite the fact that we as a country spend significantly more money on health care, studies continue to show that we are living with a "health disadvantage" compared to our peers in other industrialized nations. Some would suggest that the problem lies with a healthcare paradigm that is too dependent on "pharmaceuticals" as the treatment of choice which seems to ultimately lead to higher cost intervention in the later years of life.

Can you see the connection? The United States ranks 37th out of 37 industrialized countries for health care, dead last! Some Third World countries have a better health rating than the United States. We have the highest infant mortality rate of all industrialized countries and our life expectancy is dropping. The United States has 20% of the world population and yet we use 80% of the medications. Is it just me or do we continue to support this broken system? The drug companies make fantastic profits, the medical doctors keep doling out the pills, there is case after case of FDA/drug company conflict of interest, and if you remember a prior weekly handout, the federal government passed legislation that holds the drug companies harmless for any mistakes, fraud, or harm that they inflict on individuals. The over utilization of drugs in our society is taking its toll. In a 2010 listing of statistics of the causes of death, the CDC deliberately left out the numbers related to drugs and medical care. There are 450,000 preventable medically related deaths costing \$136 billion each year and one in five hospital patients suffer some sort of adverse reaction. That's pretty close to #1.

So there you have it. Skyrocketing costs and poor health. Why would you want to take this risk? Chiropractic care improves the function of the nervous system so that all the organs of your body work optimally. The Nutrition Response Testing that we perform, improves the health of the body by using whole food concentrates and homeopathic preparations. The combination of both is a win/win for your health and life. Ask Dr. Caprile to explain more about it. **You can improve your Health.**

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