

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Barry Rizzo

Why Do Americans Spend More On Health Care But Are Sicker Than Most Of The World?



An interesting, new study in the May 3, 2006 Journal of the American Medical Association has some experts in the medical community stunned. It found: Americans spend twice as much on health care yet are generally in poorer health than their peers in England.

This raises the obvious question: is spending even more money, taking more medications and doing more medical procedures really the answer to good health? The answer may surprise you too...

Dr. Joseph Mercola recently discussed this study on his very informative website... www.mercola.com. And here's what he said:

"In fact, across all levels of income and education, Americans suffered from higher rates of cancer, diabetes, heart disease, lung disease and stroke than did British patients. What's really compelling and alarming about the study: When scientists created a hypothetical world where Brits suffered from the same lifestyle risks as Americans -- obesity among them -- America still had more health problems. The so-called "experts" claim it's all a big mystery, but it's no surprise at all to me considering so many Americans still put their faith in the hands of multi-national food and drug companies that care far more about profits at the expense of your health."

Life Expectancy Falling?

Dr. Mercola also reports, "Americans' life expectancy already falls more than 20 years behind other developed countries; and with U.S. obesity rates on a steady incline, the years may be further trailing."

Lifestyle Most Important Factor...

And here's what a recent study in the New England Journal Of Medicine had to say about this issue:

"Forecasts of life expectancy are an important component of public policy that influence age-based entitlement programs such as Social Security and Medicare. Although the Social Security Administration recently raised its estimates of how long Americans are going to live in the 21st Century, current trends in obesity in the United States suggest that these estimates may not be accurate. From our analysis of the effect of obesity on longevity, we conclude that the steady rise in life expectancy during the past two centuries may soon come to an end."

Just how serious is this overweight and obesity issue? Here are some shocking statistics:

- Two-thirds of America's adults are overweight or obese.
- As many as 30 percent of U.S. children are overweight.
- Childhood obesity has more than doubled within the past 25 years.
- Within the past 20 years, childhood diabetes has increased 10-fold.

It's obvious that the answer to real health and living a longer (and healthy) life is NOT all about science and new medicines.

If it were, we would not see the results of the studies above.

But when the risk of the "cure" is as bad or worse than the condition... what then?

The answer is simple, but not what many want to hear...

You see, there are always two paths you can choose in life. And we ALWAYS know which one is right. Make no mistake about it – it's ALWAYS as clear as day.

But, even though we ALWAYS know the right path – many times we do not choose it simply because it is just TOO DARN HARD!!!

And the right path is obvious here, too.

The right path is to do all the things you need to do throughout your life to stay healthy and prevent diseases and conditions.

Thing like: Eating natural, nutritious foods... not processed chemical junk.

Drinking plenty of water and cutting out sugar-filled soft drinks.

Exercising often and regularly. Make it part of your life – for the rest of your life. Not just a 2-3 month fad you keep starting and stopping.

Reduce stress in your life and take some time to “smell the roses.” Life is short – enjoy it NOW!!

Start maintaining your health through regular Chiropractic care. Don't always wait for the pain to get help... an ounce of prevention is truly worth a pound of cure!

This “to-do” list may seem daunting and long. It may seem a little time consuming. But, you have to admit, losing your health is not such a pleasant option.

Just remember – you always know the right path. Don't wimp out because it seems too darn hard. ...And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your, questions. We're here to help, and don't enjoy anything more than participating in your lifelong good health.

Patient of The Month... This month's patient of the month is Melanie Giacobbi! Congratulations! As usual, the patients of the month will receive a FREE DINNER and will bring as their guest, a person of their choice for dinner! Last month's winner was Stanley Kowal, he reported back that he and his guest will have a great time at T.G.I.F.'s, and were delighted to be named patient of the month! Watch for your name here in a coming month!

Helpful Hint:

It is time to check your sunscreen! Using last year's bottle may not provide you with the effective protection that is needed because of its lifespan and shelf life. Even though it may say SPF 45, your sunscreen may not be offering you or your loved ones the rated SPF because of its age. Buy a new bottle..... Aren't you worth it? Also, new products are available. Try the sunscreen sticks for application to the face, neck and back of the hands. Same protection without the time or mess during application.

Welcome New Patients!

Here are the new patients that became members of our practice family this last month! We'd like to welcome you publicly, and wish you all the best!

Joseph – Referred by his Pain Mgmt Doctor

Tim – Referred by his Attorney

Pedro Sr. – Referred by his Attorney

Pedro Jr. – Referred by his Attorney

Michael – Referred by his wife

Linda – Referred by her friend

Ana – Referred by her friend

Kathleen – Referred by her Pain Mgmt Doctor

Audrey – Referred by her Orthopedic Surgeon

William – Referred by his Mother

Stephen – Referred by his Orthopedic Surgeon

Lyndsay – Referred by her Physical Therapist

Leroi – Referred by his teammate from Red Bank Regional H.S.

Karen – Referred by her daughter

Norman – Referred by his Sports Medicine Doctor

Donna – Referred by her Orthopedic Surgeon

Joseph – Referred by his cousin

Dater