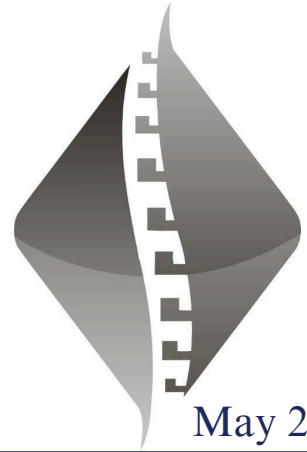


VAN DAM CHIROPRACTIC

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May 2025

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CHIROPRACTIC VS SURGERY

When to choose a natural approach.

Several years ago, a man named Steve was advised to undergo surgery for a recurring back issue. Sitting for more than ten minutes caused him sharp discomfort. Rather than proceed immediately, he explored other options. Curious about stories he'd heard, Steve visited a chiropractor. After a few weeks of regular care, his pain began to ease. Today, he hikes regularly and hasn't revisited the idea of surgery.

Experiences like Steve's are not uncommon. Many individuals dealing with structural imbalance or nerve stress respond well to chiropractic care, especially when the underlying problem stems not from torn tissue, but from misalignment or pressure on the nervous system.

Chiropractic methods aim to work with the body's natural ability to restore function. Practitioners use their hands, not machines or drugs, to make precise corrections that support better movement and nerve communication.

Of course, there are moments when surgery is appropriate—severe trauma, growths, or fractures may require it. But decisions like that benefit from patience. Not all pain signals significant damage. In many cases, discomfort may reflect irritation or restriction rather than a structural failure requiring invasive repair.

Chiropractors take time to listen to the body's signals and assess how best to respond. An adjustment isn't meant to silence symptoms but to support function. Given the chance, the body often responds with improved strength, balance, and comfort.

Steve later shared that he didn't just want relief from pain—he wanted to feel like himself again. For many, that's the true goal. Surgery can address certain conditions, but it comes with risks and permanence. Chiropractic care offers a way forward without locking the body into irreversible changes.

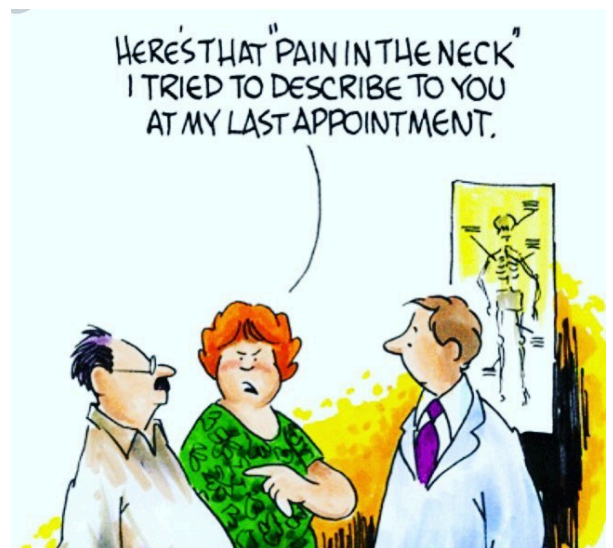
A surgical procedure can't be undone. An adjustment can. That difference matters. [1] Sometimes, the best answer is the one that allows the body room to speak and space to heal.



DID YOU KNOW?

Despite being one of history's most famous painters, Leonardo only completed about 15 paintings in his lifetime. He was known for being a perfectionist who often abandoned projects.

Leonardo da Vinci could write with one hand while drawing with the other, at the same time. He was ambidextrous and often used mirror writing in his notebooks.



CAN HEARTBURN DRUGS AFFECT MEMORY?

Popular Antacids and a Surprising Risk

Many people turn to over-the-counter medications like Prilosec, Protonix, or Nexium after a heavy or spicy meal. These proton pump inhibitors (PPIs) are commonly used to ease the burn of acid reflux. But a 2016 study suggests that frequent use in older adults might carry a hidden cost: a higher risk of developing dementia.

What the Research Found

The study, published in JAMA Neurology, followed 73,679 individuals aged 75 and older who were dementia-free when the study began. Participants who took PPIs regularly—at least one prescription per quarter—were found to have a 44% greater chance of being diagnosed with dementia over eight years compared to non-users (2).



Possible Reasons for the Link

As the body ages, the blood-brain barrier may become more porous, making it easier for medications to reach the brain. Some researchers believe this could allow PPIs to interfere with enzymes and increase levels of beta-amyloid and tau proteins—markers often seen in Alzheimer's disease. There's also evidence that PPI use can lower vitamin B12 levels, which has been linked to cognitive decline.

What Doctors Are Saying

Experts agree that more research is needed to understand how—or if—these drugs directly influence brain health. However, some doctors have already discussed the findings with patients. Dr. Malaz Boustani, from the Indiana University Center for Aging Research, suggests lifestyle changes to reduce the need for medication. These include eating smaller meals, staying upright after eating, and avoiding common triggers like chocolate and coffee.

Small Adjustments, Big Difference

Anyone concerned about the long-term effects of PPIs is encouraged to speak with their healthcare provider. For some, the benefits of the medication may outweigh the risks. For others, a few small adjustments to diet and habits could offer the same relief, without the added worry.

WHY PAIN ISN'T THE PROBLEM - IT'S THE SIGNAL

A woman once visited a chiropractor after years of struggling with migraines. She had pursued countless options aimed at stopping the pain, but nothing lasted. Her case wasn't unique. When the chiropractor evaluated her spine, a misalignment at the upper cervical region was uncovered. The pain wasn't a malfunction—it was a message.

Pain acts as a signal from the nervous system, alerting the body to interference or imbalance. It doesn't exist in isolation. The nervous system coordinates every action, every function. When communication through the nerves is disrupted, the body speaks up—sometimes with sharp, persistent pain, other times with subtle discomfort. Either way, it's not the pain that's broken. It's pointing to what needs correction. [3]

Pain as a Guide, Not an Enemy

Chiropractic care isn't built around chasing pain. Practitioners observe it, respect it, and use it as a guide. Often, the place that hurts isn't the origin of the problem. A misalignment somewhere else in the spine may pull or irritate structures, creating dysfunction at a distance.

A teenage patient came in with chronic knee pain. There had been no fall, no accident. Upon examination, it became clear his pelvis was out of balance. The resulting stress cascaded downward, forcing his knees to compensate. Once spinal alignment was restored, the knee pain faded, not through direct action on the knees, but by removing the cause of the pressure.



The Body Knows What to Do

Chiropractors focus on locating and reducing nerve interference so the body can restore proper function. This principle is rooted in natural law: the body, when unimpeded, knows how to heal itself. The chiropractor doesn't fix the body; they remove what's blocking it from doing its job.

Seeing pain as a messenger rather than a malfunction changes everything. Covering it up may offer temporary relief, but it quiets a necessary signal. By honoring that signal, chiropractors uncover what the body is truly asking for: function, coordination, and freedom from interference.

RESEARCH AND CHIROPRACTIC

THERE SEEMS TO BE NO END TO THE CONDITIONS THAT RESPOND TO CHIROPRACTIC CARE – PHYSICAL AS WELL AS PSYCHOLOGICAL CONDITIONS.

THAT IS BECAUSE CHIROPRACTIC DOES NOT “TREAT” A PARTICULAR CONDITION. CHIROPRACTIC CARE “TREATS” OR MORE ACCURATELY “CORRECTS” A SERIOUS INTERFERENCE TO



BRAIN, NERVOUS SYSTEM AND ENERGY FUNCTION KNOWN AS THE SUBLUXATION. NO MATTER WHAT CONDITION YOU OR A LOVED ONE MAY HAVE, YOU WILL ALWAYS FUNCTION BETTER WHEN FREE FROM SUBLUXATIONS. CHIROPRACTORS ARE UNIQUELY TRAINED TO LOCATE AND CORRECT SUBLUXATIONS. ENJOY THIS MONTH'S CASES AND SEE MORE NEXT MONTH.

A 3-year-old girl with developmental delays and neurological challenges, including hypotonia, delayed speech, and emotional dysregulation, underwent chiropractic care utilizing the Melillo Method. This approach focused on primitive reflex integration, sensory integration, and multimodal therapies. Post-treatment, the patient exhibited improvements in neurological function and developmental milestones.[4]

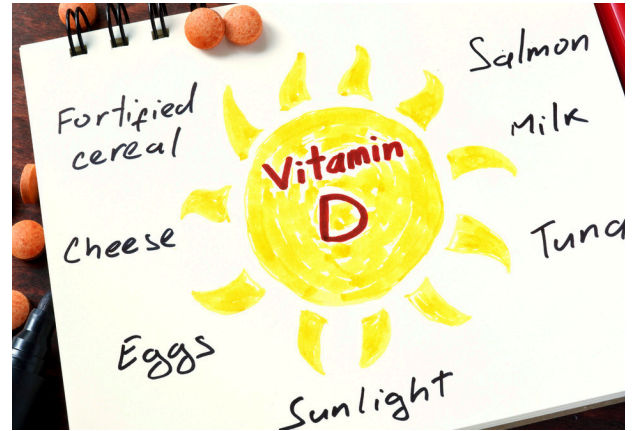


A 74-year-old woman presented with a low heart rate, fatigue, and lightheadedness. Over an 8-week period, she received six Atlas Orthogonal chiropractic adjustments.

Following the third adjustment, she noted improvements in heart rate, fatigue, and dizziness. Heart rate variability analysis showed a shift from parasympathetic to sympathetic tone, and post-radiographs demonstrated a reduction in upper cervical subluxation.[5]



HAPPY MAY DAY -
GET OUTSIDE AND ENJOY
SOME VITAMIN D!



Van Dam Chiropractic would like to thank you for the many referrals of friends and family to our office.

As a special **Thank You**, if you refer someone to **Van Dam Chiropractic** and they put your name down as the referral, **Dr. Van Dam** will send you a

\$10 GIFT CARD TO STARBUCKS

We know there are a lot of choices of doctors for your healthcare and we thank you for choosing us!

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