

For your Health and Wellness!

A New Side Effect Found in Spinal Injections! Fracture

Spinal injection of steroids are intended to relieve back pain. This is a very common procedure performed for everything from joint pain, disk related pain, and sciatica. A recent study shows increased **bone fragility** in the vertebrae of older patients. And each additional injection increased the fracture risk. Researchers studied 6000 patients age 50 or older and noted fractures occurred within a five-year window of the injection time. Steroids are known to disrupt the bone architecture and tensile strength. Vertebral fractures are associated with a higher risk of mortality for both men and women.

Other risks and side effects of spinal injections are:

- temporary numbness of the bowels and bladder
- infection: severe infections can occur in 1% of injections
- dural puncture: leakage of spinal fluid and spinal headache
- bleeding
- nerve damage: from direct trauma from the needle, infection, or bleeding

In addition to the risks of the injection there are also potential side effects from the steroid medication itself.

- Localized increase in pain
- non-positional headaches
- facial flushing
- anxiety, sleeplessness
- fever
- high blood sugar
- transient decrease in immunity because of the suppressive effect of the steroid
- stomach ulcers
- severe arthritis and avascular necrosis of the joints
- cataracts
- allergies
- shock

Now, while these side effects are rare they do occur. A conservative estimate of patient outcomes suggest that only 50% of the patients will experience pain relief. Is it worth the danger?

Chiropractic adjusting helps people regain function as well as reducing their pain. Pain is usually the last thing to come on in the first thing to go away in treatment so realize that actual healing and correction will take time. Posture, exercise, and lifestyle also contribute. Dr. Caprile can help you make those changes. With Chiropractic adjusting and other modalities in the office to help. We can plot the progress with our computer programs to show improvement. The Nutrition Response Testing eliminates potential stressors in the body and provides the nutritional building blocks for healing, also can help with pain and inflammation. Ask Dr. Caprile and find out why.



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