



The Opioid Crisis Killing A Record Number Of Australians

Chiropractor Calling For Greater Awareness

Sydney health practitioner, Doctor Paula Basilio (Chiropractor), is calling for greater awareness on the over-prescription of common pain medications, known as opioids.

More Australians are overdosing on prescription medicines than ever before and there appears to be nothing stopping this deadly trend.

According to data published by the Australian Bureau of Statistics, there has been a 61% increase in the number of deaths from prescription painkillers between 2004 and 2014.

Additional data from Australia's Pennington Institute reveals that 69% of all drug-related deaths in Australia come from prescription painkillers.

Deaths rose between 2004 and 2014 with up to 1,137 accidental overdoses that year.

Furthermore, 58% of non-cancer opioid prescriptions are for musculoskeletal issues such as lower back pain.

"It is sad and worrying that there is such a high incidence of opioid death, considering a lot of these deaths could have been avoided with more appropriate health management," Dr. Basilio (Chiropractor) said.

"With this rate of deaths occurring, opioids shouldn't be the first line of treatment for pain management."

Dr. Basilio (Chiropractor) commented that our understanding of chronic pain, such as lower back and neck pain, is far more comprehensive today than ever before.

"Is it possible to prevent some of the addiction and overdose by better addressing the underlying cause of pain, such as lower back pain and neck pain, in the first instance?" Dr. Basilio (Chiropractor) said

There is also growing awareness in the community that other forms of treatment, such as manual therapies, have a role to play in addressing musculoskeletal pains in the first instance.

"As a Chiropractor I find commonly that many cases of back pain stem from dysfunctional movement patterns of the spine and body.

Again focusing on the cause of the back pain rather than 'band aiding' the symptoms with opioids may be a far more effective and safer long term plan for many patients," commented Dr. Basilio (Chiropractor).

If you think you may have a dependence on painkillers or are looking for help with opioid addiction, why not phone your local health practitioner and ask about the services they offer.

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Advice for people suffering addiction

1) Recognise that you're not alone

Lots of other people have gone through the same thing, even if it's something many are reluctant to discuss.

2) Realise there is help available

You can talk to friends and family members. You can consult your local doctor or chiropractor. There are also community organisations that deal with addiction and issues like depression, including Heads Up, Black Dog, Lifeline.

3) Be aware that there's a lot more awareness nowadays about pain, natural therapies and medication side effects

For example, chiropractors, physiotherapists, remedial masseurs. Finally, be aware addiction challenges are survivable.

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