

## News in Brief

Editorial Staff

### *Discover Magazine: Check Your Sources*

*Editor's Note:* Our print issue erroneously attributed this article to *Prevention* magazine (which actually has been a friend to chiropractic lately, as you'll see in our April 1 issue). Our apologies for this oversight and any confusion it may cause print readers. It has been corrected in all instances below.

You'd think by now the media would have ample resources at its disposal to write about the back / back pain without disparaging chiropractic. Apparently not *Discover* magazine, whose March 2016 issue features [an article](#) titled, "20 Things You Didn't Know About Your Back." The article covers diverse back factoids ranging from anatomical particulars to the first recorded accounts of back tattoos, but then includes the following as points #16-18:

"Don't try this at home, kids: 16 The modern practice of chiropractic began when Daniel David Palmer, a self-styled 'magnetic healer,' claimed to have restored the hearing of a deaf man by popping one of his vertebra back into place in 1895. 17 Palmer believed that a back out of whack - 'subluxation,' or vertebral misalignment - causes 95 percent of diseases. 18 A 2012 white paper by the Institute for Science in Medicine, however, declared, "There is no scientific evidence that chiropractic subluxations exist or that their purported 'detection' or 'correction' confers any health benefit." Ouch.

Of note (but not mentioned in the *Discover* article, as might be expected), the Institute for Science in Medicine lists [Drs. Stephen Barrett](#) and [Edzard Ernst](#) as founding fellows - neither of whom has ever been anything but negative when it comes to the chiropractic profession.

Expect one or more of our national chiropractic organizations to respond to the *Discover* article soon. More to come.

---

### Taking Action Against Opioids

The Centers for Disease Control and Prevention recently issued a guideline that addresses the opioid overuse epidemic, particularly when it comes to treating chronic pain. The proposed guideline, finalized now that the comment window has closed, includes a recommendation to use conservative forms of pain management as an initial treatment option. To review the *2016 Guideline for Prescribing Opioids for Chronic Pain*, [click here](#).

MARCH 2016