

One Stop for Natural Health Care • Chiropractic • Therapeutic Massage • Low Level Laser

Powers & Jans Centre

The Experts on Chiropractic Care:®



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Ask The **Experts** 

on Chiropractic Care

Dr. Wallace Jans

CHIROPRACTIC BENEFITS for SENIORS

As a person ages it seems that it takes more effort just to maintain one's health. When injuries or illnesses occur, recovery takes more time and often more procedures are required. As a result, costs for treatments can escalate. Unfortunately, this is often a time of life when a person is on a fixed income and health concerns can become a major financial burden.

Chiropractic has repeatedly demonstrated that it is both effective and cost effective for helping people of all ages. Modern chiropractic is also very safe with few side effects. Studies indicate that patients have very high levels of satisfaction with chiropractic care. Unfortunately, when chiropractic care was no longer subsidized by Alberta Health Care, many senior citizens found continuing with chiropractic care to be financially difficult. They either curtailed or stopped receiving chiropractic treatments, even though the treatments were beneficial.

The Alberta government has recognized both the needs of seniors and the role chiropractic can play in seniors' health.

□ Effective July 1 the government has reinstated a

\$200.00 annual chiropractic subsidy for seniors.

□ This will be paid through Alberta Blue Cross at a rate of \$25.00/office visit.

This is good news indeed for those who may have neglected or discontinued their chiropractic care because of financial considerations following the delisting of chiropractic in 2009.

Chiropractic focuses on the improving the health of the spine and nervous system. Back pain, neck pain, and headaches are common symptoms of spinal problems. But when the spine is not working properly, other problems can also develop in the arms, legs and even internal organs. The entire body can be affected. By focusing on improving the health of the spine, chiropractors can help the whole person to have a better quality of life.

Neglecting any aspect of one's health is usually costly in the long term. Unresolved spinal problems lead to accelerated degeneration. Mobility becomes more difficult and when a person stops moving well their overall health deteriorates. The opposite is also true. If a person maintains their spine so it is mobile the result is that the whole body will have the opportunity to move properly. It's been said that motion is life. Chiropractic can help to keep you moving.

If you are a senior citizen and have neglected your spinal health for financial reasons, now is the time to begin or re-establish chiropractic care. Call today for an appointment. You can be healthier.

LET Chiropractic

keep you active & healthy!



**Call 403-529-9069
for a FREE consultation!**

www.powers-jans.com