



Proclamation

WHEREAS, about twenty percent of adults in the United States, one in five, experience chronic pain, which is lasting more than three months; and

WHEREAS, new cases of chronic pain occur more frequently among adults than new cases of other common chronic conditions such as diabetes and high blood pressure; and

WHEREAS, in the U.S., musculoskeletal conditions – a common cause of chronic pain – result in more than 130 million healthcare visits annually, making them the number one reason people visit their doctors; and

WHEREAS, low back pain, which ranks among the most common forms of chronic pain, has been one of the leading reasons why people are prescribed opioids; and the number of people worldwide living with back pain is projected to increase by 36% to 843 million over the next 30 years; and

WHEREAS, according to the Centers of Disease Control and Prevention (CDC), one in four patients who receive prescription opioids long term for non-cancer pain struggle with addiction; and

WHEREAS, the American College of Physicians' low-back pain treatment guidelines promote the use of non-invasive, non-drug approaches such as spinal manipulation as a first line of defense against back pain, before the use of pain medications and surgery; and

WHEREAS, the CDC's 2022 Clinical Practice Guideline for Prescribing Opioids promotes "diverse approaches and varied pain management solutions" and specifically encourages use of non-opioid/non-pharmalogical therapies as a first line of treatment against subacute and chronic pain; and

WHEREAS, doctors of chiropractic play a key role in helping patients manage pain and lessen their reliance on prescription pain medications with their evidence-based, patient-centered non-drug approach; and

NOW, THEREFORE, we join with the American Chiropractic Association as it promotes the health benefits of non-drug treatments for low-back such as spinal manipulation with

its “Chiropractic: Relieve, Restore, Resume” campaign and declare October 2023 as
National Chiropractic Health Month.

Given under my hand and Seal of the Town of Little Elm, Texas, this 17th day of September,
2023.

Curtis J. Cornelious, Mayor of Little Elm