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Why Is Prescription Drug Use Nearly Double In The Past Ten Years?

A very informative article appeared in The New York Times science section on 10/18/10, written by Nicholas Bakalar. This article points out the increasing dependency of the American public on prescription medicine. The question is are we as a nation becoming sicker?

The information comes from the National Center for Health Statistics of the nearly doubling the amounts of prescription medication from the years 1999 to 2008. What we find is 45% of people older than 60 are taking cholesterol-lowering drugs which is more than twice the rate in 1999. The fact is that unless you have had a heart attack or a stroke, statin drugs does not prevent these events from occurring. What is even more interesting about this age bracket researchers have found 88% were using at least one medicine, and more then two-thirds were take five or more medications.

The article goes on to show the overall dependency of Americans on prescription medicine just to function on a daily basis. If you are between the ages 20 to 59 your are likely to be taking antidepressants. If you are under age 12, more than 22% were using at least one prescription drug for asthma and this increases to 30% in teenagers. Other drugs used by adolescents were for attention deficit hyperactivity disorders and related conditions. This has risen to from 3% in 1999 to 6% in 2008. The only drugs used to decline in the under 12 years old are antibiotics and this is a good thing, which I will explain later.

One reason for the increase in prescription drugs is the insurance coverage, which doubles the likelihood compared to those without coverage. Americans spent more than \$234 billion on prescription drugs in 2008, up from \$104.5 in 1999.

While it is true that drugs have saved many lives they have also caused many problems such as addiction to painkillers, dependence on antidepressants (SSRI) and tranquilizers (MAO) inhibitors. The goal of Big Pharmaceutical Companies is to make everyone take drugs on a continuous basis, which increases their revenues and profits. This we see every day with prescriptive drug commercials on television or radio describing the benefits of taking this drug and that you should ask your doctor if this would be good for you.

The facts is that our bodies make all the chemicals (drugs) that we need and we can get the same benefits from the food and vitamins and herbal products with much less change of side effects. Another great factor is that Chiropractic Care combined with Applied Kinesiology Techniques will keep your body working better and prevent disease in the first place so you don't have to be dependant on prescriptions or over the counter drugs.

I had previously mentioned the reduction of the use of antibiotics was a good thing and that is because pharmaceutical industry is not interested in developing new ones, because there is very little profit in drugs that are only taken for ten to fourteen days. Currently there are only three new antibiotics in development. If we look back to the late 1980's there were at least 14 or more being developed.

The misuse of antibiotics and the ability of bacteria to genetically change has caused many non-pathogenic bacteria to become pathogens. Some we have heard about in food contamination such as E. Coli and A. areogenes, were water contaminants that indicated human waste had gotten into water supply, but did cause illness themselves. The other major one is a Staphylococcus aureus, which has become antibiotic resistant, known as Methicillin-Resistant-Staphylococcus Aureus or MRSA.

Finally in passing one of the most over used drugs either over the counter or prescription are antacid or acid blocking agents such as Tums, Zantac, Nexium. The question that you should be asking yourself is why is heartburn or GERD so prevalent in this country, with more the 44% of population having symptoms more then once a week? The chronic use of these medications promotes osteoporosis by preventing calcium absorption. Increasing the odds of developing pneumonia from reflux of stomach contents that the proper acid would have killed pathogens. If you go to my web site at paulsprieser.com and go to the patient information page you can get much greater information on this matter in Health Bulletin #9.

If you receive regular Chiropractic Care and Applied Kinesiology examination at treatment you would need far fewer drugs and live a much healthier life. Call today for an appointment. Give yourself the gift of good health!