

In Good Hands

A Free Monthly Newsletter For The Friends and Patients of: Dr. Donald P. Nebel, Jr.

“Big shots are little shots who kept shooting.” ~ Christopher Morley (1890-1957) Writer and editor

Urgent Message To EVERYONE Who Drives A Car...

“How Big Insurance Companies Are Winning The Battle Against Car Accident Victims... Leaving Policyholders Disabled, Broke, And In Constant Pain...”



Don't Stop Reading Because You Haven't Been In A Car Accident!...26% Of All Drivers Were Involved In A Car Accident Over The Last Five Years. When It Happens To YOU... Be Prepared!

Pittsburgh, PA- If you haven't noticed yet, money buys policy and makes laws in America. The more money big business throws at politicians, the more rules are “bent” in their favor.

Take New Jersey for example. They actually have a policy called “pay for play.” It is actually accepted for contractors to be awarded big contracts based on the size of their political contributions!

Shameful

Insurance companies have been playing an “undercover” game of pay for play for a long time.

The big difference is...when contractors in New Jersey are awarded jobs as political favors...it takes money out of the pocket of someone who really deserves it. When insurance companies play this game...*lives are ruined.*

Especially when it involves car accident injuries. Here's why:

- There are approximately 6.4 million car accidents each year.
- There are about 3 million car-related injuries a year, 2 million *permanent* injuries.
- **Nearly 43,000 people died in car accidents in 2003**, reports the U.S. Department of Transportation's National Highway Traffic Safety Administration.
- About 26% of drivers have been involved in a car crash in the last 5 years.
- Almost ALL Americans will be involved in at least one motor vehicle accident at some time in their life.

So what do insurance companies do with all these accidents and injuries they don't want to pay for? Besides political lobbying, they fund research and fight

Every Single Claim.

Here's what Dr. Arthur Croft, one of the worlds leading experts on whiplash and car accident injuries says about the situation:

“So it seems quite clear that the playing field is not level. It's the Fortune 500 against the doctors and their patients, and the score is about 3-1...This juggernaut of non-science has inculcated the legal world by spending literally billions of dollars fighting even relatively insignificant claims. They seem finally to have impressed attorneys that it simply is not worth their effort to pursue such claims. The insurance industry has funded their own research, couched beneath a veneer of science. They send the principles of this work as expert witnesses to refute injury in low-speed impact cases. The companies carefully forbid the publishing of any work that fails to serve their interest, thus denying any fair peer-review from within the scientific community.”

Insurance Companies Use This Information To Deny Claims And Refuse Paying For YOUR Treatment!

The fact of the matter is: Low-impact car accident injuries are largely misunderstood. Many times injuries and pain are not apparent at the time of the accident. Some injuries are even missed by emergency room technicians who are wonderful at spotting breaks and cuts...but don't understand this type of hidden injury that may take weeks, months or even years to show symptoms

Another BIG Insurance Company Myth Is If You Don't Have Damage To Your Car...

You Can't Be Injured. Simply NOT true.

The amount of damage to your car doesn't accurately reflect the amount of injury to YOU.

Studies show that injuries can occur at impact speeds of less than 5 miles per hour, when there is little or no damage to the car.

When modern day race cars crash, they are specifically designed to easily break apart, and the driver usually walks away alive. **This is because as the race car breaks apart, the energy is being absorbed by the flying parts and not by the driver.**

Today's passenger cars and SUV's are well built to absorb low speed impacts *without* significant damage to the bumper. The problem is...instead of "injuring" your car...the energy of impact is transmitted to the person in the automobile, much as energy from one pool ball is transferred to another upon impact.

Simple physics (completely ignored by profit minded insurance companies) proves you can actually be injured WORSE when your car has NO damage then when it flies into a million pieces!

Most people don't realize even though they walk away from a minor car accident "without a scratch" there is a good chance, if left untreated, it is very likely they could develop a serious problem later in life...causing a lot of pain and suffering.

So, if you get in a little "fender bender", how do you know if you are injured? What should you do?

Simply put, whiplash is when your car gets struck and your body moves faster than your head can react. Your muscles, ligaments, discs, nerves and spinal joint get stretched out and injured. Sometimes some of these neck structures are actually *torn*.

Many times these injuries are not felt for hours or days...other times your body reacts immediately. Muscles form a protective cast around the injured area by tightening up and going into spasm.

This spasm acts as a protective "cast" so you don't move your neck too much and make the injury worse.

Spasm also removes the normal curve in your neck and can lead to permanent arthritic changes...if left untreated.

The best thing to do at this point is ice the area in 20-minute intervals and give me a call as soon as possible.

Chiropractic care is EXTREMELY important for the care of whiplash injuries because it helps restore the spinal curves and normalize motion in the injured area. If these curves are not restored and proper motion is not brought back to the area, there is a chance of chronic neck and back pain.

Studies Prove Chiropractic Works For Chronic Whiplash Injuries!!!

In 1999, the Journal of Orthopedic Medicine published the results of a study designed to determine if Chiropractic

care helped chronic whiplash. 100 patients were divided into three groups and treated on average for four months. Here are the results:

Group 1 - Patients had neck pain and restricted range of motion in the neck and no neurological symptoms.

- 72% of patients gained "some benefit"
- 24% became asymptomatic
- 24% Improved by two symptom grades
- 24% Improved by one symptom grade
- 28% No Improvement

Group 2 - Patients had neck pain and restricted range of motion in the neck and neurological symptoms.

- 94% of patients responded to treatment
- 38% became asymptomatic
- 43% improved by 2 symptom grades
- 13% improved by 1 symptom grade
- 6% reported no improvement

Group 3 - Patients who described a variety of symptoms from blackouts to visual disturbances. These patients also complained of severe neck pain, but had no neurological symptoms and no restriction in neck movement.

- Only 27% of patients improved following the treatment
- 0% became asymptomatic
- 9% improved by 2 symptom grades
- 18% improved by 1 symptom grade
- 64% reported no improvement
- 9% got worse

The authors of the study concluded, "The results from this study provide further evidence that Chiropractic is an effective treatment for chronic whiplash symptoms."

The important thing to remember is there is a good chance you have been injured in a car accident and should have a complete chiropractic examination - - *even if there is NO damage to your car and you don't have any immediate pain or symptoms*. If you don't, you may be setting yourself up for constant pain and suffering in the future. ***And don't forget, if you ever have any questions or concerns about your health, talk to us. Contact us with your questions. We're here to help, and don't enjoy anything more than participating in your life long good health.***

“The Shocking Truth About Eating Elephants And Staying Healthy...”

There was once a wise man that said, “little hinges open big doors.” We’ve all heard some version of this philosophy at one time or another. And it makes complete sense.

We all realize that small, seemingly inconsequential activities can and *do* routinely lead to monumental results.

I’m sure you’ve heard the story of the man (who’s name escapes me at the moment) who stopped late one night to help out a stranger stranded in the road. This stranger looked and acted like a bum. His appearance would have scared most of us away. Hundreds...if not thousands...drove right past him doing nothing more than rubber-necking.

The man who stopped did not have to. There was no clear benefit to him for doing so. He just wanted to do a small thing to help out someone in need. A truly selfless act.

After All...Would YOU Have Stopped?

As the story goes...that old bum turned out to be the richest man in America...Rockefeller. And that man’s tiny act of benevolence, as the legend goes, changed his whole life.

Most of us say that was a freak accident. Not likely to happen to you or I. I agree. But I would DISAGREE that these “little hinges” will not have a dramatic effect on your live. Most of the “little hinges” in your life work quite differently. They work slowly over time. But, in the end, they are just as spectacular. Just as important to your health and happiness. How?

Take Susan for example. Susan always took great care of herself. She ate right. Exercised. Even did a few hours of yoga every week. She had no health problems. Not even any of the aches and pains most of us are accustomed to.

By conventional medical standards...she was the picture of perfect health. All of her doctors said so. But there was one teeny-weeny problem...**She Couldn’t Have A Child**

She had been trying (with the help of her husband, Bill) for just over five years. They tried EVERYTHING. Fertility drugs. Magic supplements. Boxers instead of briefs. You name it... they gave it a shot.

Doctors said they were probably just “incompatible.”

Bill and Susan discussed adoption, but decided against it. They had pretty much given up all hope when Susan came to see the chiropractor after her car accident.

Susan said she really didn’t believe anything was wrong with her because after the accident she didn’t have any pain. It was a pretty small “fender bender” and there was only a few hundred dollars in damage to her car.

She became even more positive she was okay after she went to the emergency room, was examined by one of the E.R. doctors and told she was perfectly fine. **She Had Nothing To Worry About!**

But then, about three weeks later, out of the blue, Susan’s neck and back began to stiffen up overnight. Every morning she would have to take her time, get out of bed slowly and walk around before attempting to do anything like put on her shoes.

As the weeks went by, the stiffness turned into pain. She could no longer sleep through the night. Her back ached and throbbled constantly. That’s when she finally went to the chiropractor.

At first, her insurance company said her injuries were NOT from the car accident and didn’t want to pay for treatment. But after providing them with the proper paper work and fighting then tooth-and-nail...they agreed to pay.

To make a long story short...Susan’s car accident injuries were better in no time. Her back and neck pain quickly vanished. But here’s the amazing part...**Three Months Into Treatment, Susan Got Pregnant!!!**

That’s right. The “incompatible” couple were going to be parents! How could this be? To be honest with you...I DON’T KNOW! But I do know this...little hinges open big doors. And little corrections in how your spine and nervous system work can oftentimes produce miracles. Even though she never had any pain...maybe the bones in her lower back had been pinching the nerves that go to her ovaries for years. Maybe her pelvis was misaligned long before the accident. Who knows. What really matters is that EVERYONE should be checked for small spinal misalignments before they cause major problems. It might not produce a miracle like it did in Susan...but there is a good chance it will make your life a whole lot better. Oh yeah - - about that Elephant in the headline. **Question:** So how do you eat an elephant? **Answer:** One tiny bit at a time. And how do you get and stay healthy? By doing the tiny things, like eating right, exercising and seeing your Chiropractor, throughout your life. Remember...there are no quick fixes after you ignore your health and things go bad. And remember those little hinges.

We love helping our patients and their friends and relatives through their tough times and getting them feeling better! We are here to help you stay feeling better and looking younger! Don’t be a stranger. Call us, and we will assist you in putting together a customized maintenance plan. It’s not a luxury anymore! With our low monthly payment plan, it’s less expensive to maintain your good health! You really can afford Chiropractic care! Don’t wait until you can no longer move!

Did You Know?... CAR FACTS

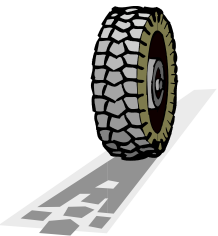
•135 million cars travel USA’s streets, roads, and interstates each day.

•The typical American family has 2-3 cars that each log in 15,000 miles (24135km) per annum.

- 160 cars** can drive *side by side* on the Monumental Axis in Brazil, **the world's widest road**
- The **first automobile racetrack** in America was the 'Indianapolis Motor Speedway', which consisted of **3 million cobblestones**
- Evel Knievel **broke 93 bones** trying to leap **36 cars** on his motorcycle at the Astrodome
- Average acceleration** time from zero to 60 mile per hour for **six-cylinder cars** in 1975: 15.7 seconds; for 1991 models: 11 seconds
- Percentage of American who wore seat belts while driving an automobile in **1992: 62%** ; in **1982: 12%**
- 1770** Nicolas Cugnot of France successfully operated a steam-powered 3 wheel vehicle
- 1801** Four-wheeled steam powered vehicle built that could carry passengers
- 1885** Daimler & Benz of Germany developed gasoline engines of the type used in today's automobiles
- 1896** Henry Ford, Charles King, Ransom Olds, & Alexander Winton built their first cars
- 1897** The first Stanley Steamer was driven in Newton, Mass by its designers, the Stanley twins.
- 1908** The Model T was introduced
- 1916**, 55% of the cars in the world were Model T Fords, a record that has never been beaten.
- 1922** Balloon tires were first introduced (replaced solid tires)
- 1948** The first tubeless tire
- The electric car was the most popular car in the USA during the late 1890's and early 1900's. The **gasoline car** then began replacing the **steam and electric cars**. This long transition to using the gasoline engine is interesting since the first gasoline engine was developed 1885.
- Henry Ford** was the pioneer in improving assembly line methods so that cars could be mass produced at an affordable price. In 1908 the Model T could be purchased for about **\$850.00**. Yes that's eight hundred and fifty dollars. That doesn't sound like too much money for a car today, however this was not cheap in those days. In 1916 its said that a Model T sold for less than **\$400.00**. **Over 15 million** Model T's were sold from 1908 to 1927.

Tip Of The Month: What To Do If You Are In A Car Accident...

And How To Avoid A Deadly One!



Even though they are called "accidents," studies show they are not actually mistakes after all.

As a matter of fact...MOST of the 6.4 million car accidents a year could have easily been avoided.

Considering every 13 minutes, there is a death caused by a motor vehicle accident. Car accidents claim our very youngest and our very oldest populations. Americans from the ages of 1 to 33 are more likely to die from a car accident than from anything else...reading the rest of this page may be the most important thing you do in a long, long time. The most common cause of car accidents comes from the driver either being distracted, tired or drunk.

Here is what the National Highway Safety Traffic Administration reports to be the most common distractions that cause accidents:

Talking with other passengers - - 81%, Playing with the radio or CD - - 66%, Eating or drinking - - 49%, Using a cell phone - - 25%

Avoiding a car accident boils down to avoiding high-risk behavior. **Here are some tips on avoiding a fatal accident:**

- 1.** Driving late at night between 11 pm and 4 am (particularly on Friday/Saturday night). These are the most dangerous hours of the week to drive and should be avoided. This is when the highest number of drunk drivers are on the road.
- 2.** Turning left at intersections. A very high number of fatalities come from trying to cross over traffic heading in the other direction. Great caution should be used when turning left. Senior citizens have very high fatality rates from turning left at intersections.
- 3.** Rain/snow is also related to a much higher rate of fatalities. These factors reduce a car's traction.
- 4.** If you are feeling sleepy or intoxicated, this will reduce your response time and greatly increase the chance of an accident. Although the publicity for driving while drowsy is limited, it can be just as dangerous as drinking and driving. Drivers should be aware if they have been driving for 20 hours or more.
- 5.** Teenagers or individuals who just get their driver's license are at a very high risk of getting into car accidents.
- 6.** Avoid distractions while driving, including smoking, eating, playing with the stereo, etc.

If you are involved in a car accident, here's what to do:

- Call 911 if you or someone else has been injured.
- Exchange information with the other parties involved in the accident.
- Gather the names and phone numbers of any witnesses.
- Make a note of the details of the scene of the accident.
- Do not admit fault.
- After the Accident: Report the accident to your insurance company.
- If you are hurt, seek medical attention immediately.
- If you were injured or have any legal questions, contact an attorney.
- Do not give an oral or written statement to the other driver's insurance company.
- Save your evidence.
- Keep your narrative brief when you fill out your accident report.
- Contact your Chiropractor for a complete car accident injury evaluation.

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